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Vancouver **Games**

Countdown to 2010

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KARL MEDIC/FOR METRO VANCOUVER

Olympic torchbearers Caleb Taylor, from Regina, and Patricia Moreno, a Vancouver resident, display the newly unveiled 2010 Olympic torch and torchbearer uniforms at a ceremony in Whistler Village on Thursday morning.

'Magnificent' torch

JEFF HODSON
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A crowd of about 1,000 cheering people gathered in lightly falling snow in Whistler's village square Thursday morning to welcome the torch that will carry the Olympic flame in its 45,000-kilometre, 12,000-torchbearer relay across Canada in the months leading up to Vancouver's 2010 Games.

The torch, a graceful, curving modern design, is inspired by Canada's winter landscape, particularly the "fluid lines" left in the snow from winter sports, said Pierre Beaudoin, CEO of Bombardier, the company that designed it.

The Vancouver 2010 torch is white on its sides and stainless steel on its front. It is 94 centimetres long and weighs, with fuel, a light 1.6 kilograms. It widens in the middle and tapers gently upward to the burner. The Vancouver 2010 Inukshuk logo is emblazed on either side.

The burner, a vertical outlet that stretches the top 30 centimetres of the torch, will create a bright orange flame that will be like "a flag unfurling in the wind," according to VANOC.

Relay

- The 2010 Olympic torch relay begins Oct. 30 in Victoria and ends during the opening ceremonies on Feb. 12, 2010.

"I think the torch is beautiful," said Vancouver's Patricia Moreno, 18, the first of two selected torchbearers who ran the torch through Whistler Thursday, clad in the Hudson Bay Company-designed uniforms.

The uniforms, which were also unveiled Thursday morning, were inspired by Canada's natural beauty said HBC CEO Jeffrey Sherman, particularly the glow of the Northern Lights.

Jacques Rogge, president of the International Olympic Committee, said the Olympic torch was "magnificent," adding its flame "is a symbol of the fire burning in the hearts of all athletes."

VANOC CEO John Furlong said members of the Vancouver 2010 organizing committee would be travelling to Greece in October to bring the Olympic flame to Canada.

Creators of the 2010 Olympic torch discuss the challenges of creating the design at metronews.ca/canada

VPD to review RCMP curb on Taser use

ANNOUNCEMENT Vancouver police will continue to use Tasers until officers review the reasons behind an RCMP announcement on Thursday curbing the use of stun guns.

Mounties may now only fire a Taser if there is a real threat to themselves or public safety. They were also warned that the weapons can kill.

Critics say the Mounties have used Tasers too frequently and often zap suspects who pose no real threat. Such incidents include people trying to avoid paying fares on public transport, an elderly man who was strapped to a hospital stretcher and a Polish immigrant at Vancouver International Airport. Robert Dziekanski died after being Tasered five times by RCMP officers.

Const. Jana McGuinness, spokesperson for Vancouver police, said she hasn't seen a report yet.

"I would want to see how it impacts us, and if it does, what are our policies surrounding these things," she said.

RCMP Chief Commissioner William Elliott told a news conference that "there certainly have been some instances where Tasers have been used in inappropriate circumstances."

TARYN MCELHERAN
WITH FILES FROM REUTERS

Controversy

- The Taser — made by U.S. firm Taser International Inc. — incapacitates people through a 50,000-volt jolt of electricity. Police say they are needed as a nonlethal alternative to firearms.
- Critics say the weapon's use has been linked to more than 290 deaths in North America since 2001, a claim disputed by Taser International.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Ticket lottery has raised more than $4.1M

A special lottery, SportsFunder, gives British Columbians the chance to win tickets to the 2010 Olympic Games. To date, the lottery has raised more than $4.1 million for amateur sports and more than 140 lottery players have won tickets to premium events like the men's gold medal hockey game. **METRO VANCOUVER**

Local

2010 medalists to get flags

Canadian athletes who win medals in 2010 will be given Canadian flags that have flown on Parliament Hill, federal Sports Minister Gary Lunn announced on Thursday. A flag has also been presented to all Vancouver Olympics volunteers.

METRO VANCOUVER

ALL PHOTOS BY KRISTEN THOMPSON/METRO VANCOUVER

Top: Olympic triathlete Simon Whitfield waves the flag flown in from Parliament Hill. Bottom left: Speed skater Cindy Klassen, Canada's most decorated Olympian, and a young protégé wave to the crowd. Top left: Skaters perform a routine on what will soon be Olympic ice. Above: Ben Webster, left and Elliott Stratham, both 6 from Richmond, show their patriotism. Top right: Vancouver Mayor Gregor Robertson before the start of the celebration. Bottom right: Olympic mascot Quatchi and a group of skaters.

Thousands join the party

One-year countdown to Games celebrated all over the country

KRISTEN THOMPSON
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VANCOUVER 2010 **Games**

It was like Canada Day, B.C. Day and New Year's Eve all at once at the Richmond Oval Thursday night.

Thousands of spectators waved Canadian and British Columbian flags, and in unison counted down the seconds to 6 p.m. — marking exactly one year until the 2010 Olympics — then let out a celebratory roar.

The hour-long event was a who's-who of decorated Canadian Olympians — like Cindy Klassen and Simon Whitfield — and social and political bigwigs — like IOC president Jacques Rogge and Premier Gordon Campbell.

Two jumbo screens played videos of communities across Canada celebrating the countdown, reminding spectators it was a moment being shared across the country.

"The most emotional thing was watching my three-year-old (wave) the flags. I just can't wait to watch her next year."
Christina Anthony

Christina and Matthew Anthony brought their children to the event so they could experience a moment in history.

"We're excited the 2010 Olympics are coming to Vancouver and wanted to share it with our family," said Matthew Anthony.

"When we were looking at scenes from across Canada and when the national anthem was playing, I felt myself getting really emotional."

Christina said she's proud the Games are going to leave a legacy for the city, province and country.

"To be on the world stage like that, I think only unbelievable possibilities can happen," she said.

"The most emotional thing was watching my three-year-old (wave) the flags. I just can't wait to watch her next year."

What's still left to do

MILESTONES Organizers of the 2010 Vancouver Olympics still have to reach a number of milestones before the opening ceremonies take place on Feb. 12, 2010, at B.C. Place Stadium.

Among them:

- The designs for the 2010 medals and the Olympic caldron. No date has been publicly announced for either.
- Later this month, VANOC will issue a call for performers to take part in the opening and closing ceremonies.
- March 12 marks the one-year countdown to the Paralympic Games.
- Tickets to the Paralympics go on sale May 6.
- The Olympic torch relay kicks off Oct. 30 in Victoria.
- A ceremony to mark the official opening of Vancouver's athletes village will be held in November.
- Also that month, the Olympic and Paralympic mascots: Quatchi, Miga, and Sumi (Mukmuk too) turn two years old.

JEFF HODSON/METRO VANCOUVER

Games will help city despite poor economy: Expert

TOURISM The 2010 Winter Olympics will benefit Vancouver regardless of the global economic slowdown, experts said as the city began the one-year countdown to the Games on Thursday.

"The teams still need to come, their family and support staff will still need to come, the upscale tourists are likely to still come," economist Mike Tretheway told Reuters.

He said the scale of the economic benefit would depend on Vancouver's marketing skills and ability to please visitors.

A 2002 study, which Tretheway's firm InterVISTAS Consulting Inc. helped to prepare, predicted that the Games, would provide an economic boost of between $2 billion and $4.2 billion. **REUTERS**

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Students 'adopt' countries to participate in Games

To mark the official countdown to the Vancouver 2010 Olympic and Paralympic Winter Games, students at a Vancouver school connected with Oakdale Junior School in London, England. Other B.C. schools will also be adopting one of the approximately 80 countries taking part in the Games as a way to expand their learning. METRO VANCOUVER

News in brief

OLYMPIC DETOURS The plan to cut road access around Vancouver during the 2010 Olympics will kick off two weeks before the Games begin, meaning it will last the entire month of February, CBC News Online reports. Full details of the plan will be released at the end of this month.

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Games leave legacy

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For the host city of an Olympic Games, preparing for the two-week party is a drawn-out affair involving years of planning, debating and spending.

But it's equally important for that city to be left in better shape than it was before the event, and to continue to benefit long after the last athlete returns home, says Ann Duffy, chief sustainability officer with VANOC.

"The legacies are a catalyst for development for the region," Duffy said. "We plan the Games with the legacies in mind. We design the venues to be multi-purpose and look at the long-term use of the facility."

The Richmond Oval, for example, which was built with pine beetle wood, will be a sprawling community centre after the Games, while the upgraded Thunderbird Arena will be used for concerts when the ice isn't in use.

Commuters will be left with a new rapid transit line connecting Richmond to Vancouver and a wider, safer Sea-to-Sky Highway.

The Games will also have provided new opportunities for the aboriginal community, said Tewanee Joseph, CEO of Four Host First Nations.

Sales from the 2010 Aboriginal Licensing and Merchandising Program will go toward an aboriginal youth fund, which supports sport and scholarship programs.

Joseph added that new business ventures have brought $53 million into the First Nation business community and helped youth acquire job skills.

"When it comes to our young people, our elders always say, 'look ahead,'" he said.

PHOTO SUBMITTED

Jeremy Wotherspoon trains at the Richmond Olympic Oval.

VANCOUVER 2010 Games

Women jumpers' case in April

LAWSUIT Will the women jump? That's one of the unresolved issues one year ahead of the 2010 Olympics.

While male ski jumpers are taking part in the Games, female jumpers have been told by VANOC to stay grounded on the basis of there being too few women enrolled in the sport worldwide.

Ten female ski jumpers from six countries have launched a lawsuit alleging gender discrimination. The case opens in B.C. Supreme Court on April 20.

Ross Clark, the lawyer representing the jumpers, said the lawsuit names VANOC and not the International Olympic Committee because VANOC is hosting the Games in Canada, so it is responsible to uphold Canada's laws.

"They are bound by the Charter (of Rights and Freedoms) and are prohibited from discriminating on the basis of gender," he said.

METRO VANCOUVER

Calgary's sports school legacy of '88 Olympics

CHAMPIONS Calgary, the only other Canadian city to host a Winter Olympics, is still benefitting from the legacy of the '88 Games.

Its National Sports School, which was funded by the profits of the Olympics, is a one-of-a-kind institution meant to allow athletes to train without having to sacrifice high school, and has pumped out medal-winning athletes since its inception.

"Athletes are moving from all across the country to come to Calgary because it's a city where the facilities are," said Calgarian Kyle Shewfelt, who attended NSS and later went on to win Canada's first gold medal in gymnastics.

He said you can still get the feeling of "Olympism" in Calgary, adding that the "Olympics are the most powerful movement in the world" and inspire people.

Jennessa Kemp, a 17-year-old Grade 12 student at NSS said, "If (the Olympics) hadn't happened, I probably wouldn't be speedskating in the first place."

She pointed out that even the trains in Calgary's light rail system still have the '88 symbol on them.

Cam Hodgson, principal of NSS said, "We've picked up the torch and carried it."

He says that more than 20 athletes on Team Canada in the 2006 Winter Olympics had been through the school, and he hopes that as many as 40 past and current students end up on Team Canada in 2010.

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Province unsure of Games security share

B.C. Premier Gordon Campbell said on Thursday he still doesn't know how much the province will pay for its share of security costs. On Wednesday, federal Public Safety Minister Peter Van Loan said the possibility of the final security bill being about $1 billion "wouldn't be wildly off base." **CBC NEWS ONLINE**

Torch unveiled

Clockwise from top left: Olympic torchbearers Caleb Taylor and Patricia Moreno run into Whistler village on Thursday morning with the newly unveiled 2010 Olympic Torch and Torchbearer uniforms; A child catches snowflakes with her tongue during the Olympic Torch unveiling ceremony in Whistler. The temperature was about -2 C, with flurries at the time of the ceremony; Roughly 1,000 spectators were on hand at Whistler's village square to cheer on the arrival of the Olympic Torch; Premier Gordon Campbell speaks at the unveiling. ALL PHOTOS BY KARI MEDIG/FOR METRO VANCOUVER

Whistler pumped for Games

JEFF HODSON
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VANCOUVER 2010 **Games**

With only a year to go before the resort municipality is thrust onto the world stage, residents of Whistler seem excited and optimistic about the coming 2010 Games.

"I'm totally excited," said Sylvia Petroci, who was checking out the Olympic booths in Whistler Village with her 20-month-old daughter Stella Thursday morning.

"I expect there will be a whole bunch of smiling faces up here (during the Games) having a good time. That's the way is should be. It's going to be chaotic. It's going to be fun."

Guy Auger, of Sno-Limo, a local company that takes people who can't ski up on the mountain in a special ski-chair, said he expects the Games will be a terrific event for the community and one that will expand the international appeal of the ski resort.

"Just the fact that it's going to bring people from all over the world will be terrific for our business."

Karin Harberg, a seasonal worker from Stockholm, said she had heard some grumblings, but felt that generally people were excited.

"It's going to be fun to watch from Sweden," said Harberg, who will be back home during the Games. "I saw the bobsled last week. It'll be fun to say, 'Look mom and dad, I was there. I've seen that track.'"

LEFT: Whistler resident Silvia Petroci and her daughter Stella, 20 months old. CENTRE: Guy Auger. RIGHT: Swede Karin Harberg.

Footballers, model among VPD's latest recruits
A former captain of the Vancouver Giants was sworn in as one of the VPD's newest recruits yesterday. Andrew De Sousa, who played for the Giants in 1993, was joined by 15 other new officers, including former model Karolina Katulska and past B.C. Lion Scott Plummer. METRO VANCOUVER

Man killed in latest shooting

Fifth gun-related death in 2 weeks

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A man has been killed in the Lower Mainland's most recent shooting — the second in less than 24 hours.

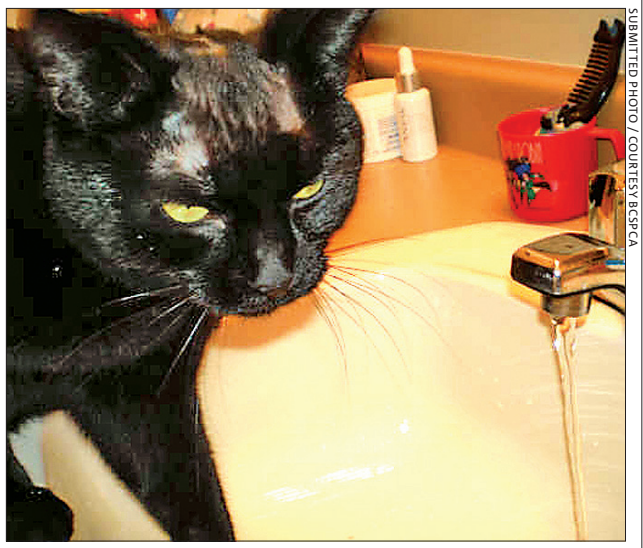
Vancouver police found the victim dead in the basement of a house on Nanaimo Street near 15th Avenue around 8:30 Wednesday night.

Police have no suspects and believe the shooting was targeted.

The victim's name has not been released.

Earlier that morning, police found an empty pick-up truck riddled with bullet holes in the parking lot of a Langley Tim Hortons. No victims or suspects were found.

Five people have been shot dead in two weeks in Metro Vancouver, and police have no suspects in any of the incidents.



SUBMITTED PHOTO / COURTESY BCSPCA

Winnie is seen at home. The cat was beaten by her owner's boyfriend, who was charged with cruelty Thursday.

Cat suffers head wounds in beating; charges laid

TARYN MCELHERAN
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ANIMALS A man has been charged with cruelty after allegedly punching a cat numerous times for "not listening" to him.

Winnie suffered multiple head wounds after being allegedly hit by her owner's boyfriend.

Davin James Sahota of Victoria is charged with animal cruelty.

The cat was rushed to a veterinarian where she was treated for multiple fractures to her head and face. She has been returned to her owner, who no longer has any contact with the accused as per a special agreement.

If convicted, Sahota faces a maximum fine of $10,000, up to five years in jail and a ban on owning animals.

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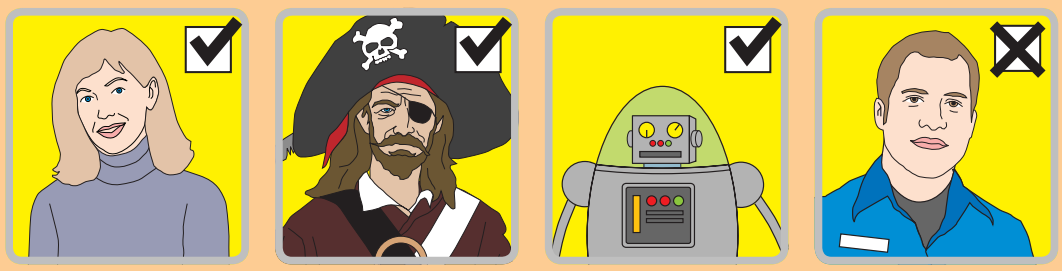
News in brief

STABBING RCMP were called to Langley Secondary School Thursday after receiving notification of an altercation between two students. It was reported a 17-year-old male stabbed an 18-year-old male in the stomach with a sharp object. The suspect dropped the weapon and fled.

WARNING Port Moody police warn an associate of the Bacon brothers, who are alleged gangsters, is living in Port Moody. Police say Dennis Karbovanec threatens the public's safety. Karbovanec, 28, is five-foot-11, weighing 200 pounds with brown hair, green eyes and tattoos. METRO VANCOUVER

Playing lottery games with confidence. Who's eligible?



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Trauma cause of most avalanche fatalities

A study of avalanche deaths in Western Canada shows that people are dying for more reasons than just being caught up in the snow. Most trauma victims actually hit trees. The 21-year Simon Fraser University study of 204 deaths showed that severe trauma was responsible for 24 per cent of fatalities. **METRO VANCOUVER**

James unveils green plan

KRISTEN THOMPSON
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NDP Leader Carole James announced a plan on Thursday to launch a funding program she says would stimulate jobs and economic investment in the province while reducing greenhouse gases.

B.C. Green Bonds would be issued for sale in $1-billion increments each year for 10 years.

James said the funds would create 15,000 new, green jobs in the province's construction, manufacturing, transportation and service sectors.

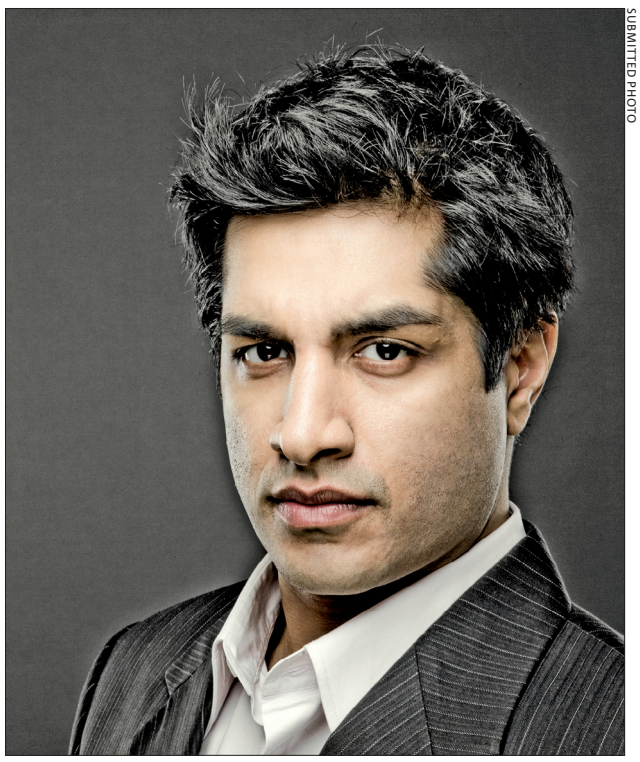
Carole James

"Our economic partners across Canada and in the U.S. are looking for opportunities to invest in new green technology and energy alternatives," James said.

"My B.C. Green Bond plan will … create opportunities to build the new green economy and stimulate job growth while reducing greenhouse gases and fighting climate change."

Money would be invested in six areas, including low-interest loans to households and businesses for home and office retrofitting, and funding for greener upgrades to public infrastructure and transportation.

The proposal also includes providing loans to businesses that convert commercial fleets to low emission alternatives and a Green Technology Fund to help institutions develop eco-friendly technological advances.


SUBMITTED PHOTO

Comedian Sugar Sammy performs in Vancouver and Surrey this weekend.

Montreal comic's career taking off at 'outrageous speed'

JEFF HODSON
jeff.hodson@metronews.ca

Comedian Sugar Sammy isn't looking for 15 minutes of fame — he wants 15 years or more, and a career that he can look back on with pride.

"It's been getting better and better," said (Sugar) Sammy Khullar, a Montreal-based comedian who performs Friday at the Vancouver Centre for the Arts and Saturday at Surrey's Bell Centre.

"Especially the last five years it's been developing at an outrageous speed.

"It's not that instant walking down the red carpet that everybody dreams about," he added. "I really just love the work so much. I love what I do every single day. I really just want to keep doing this and growing."

Khullar (who quickly stopped this Metro reporter from addressing him as "Sugar") said he's been getting a lot of offers for TV and film, but almost always to play "the typical Indian guy."

"We need to get past it," Khullar said. "I know if I did that so many of my fans would hate me. And I'd hate me … you've got to learn when to say yes and when to say no as well."

Nice profile!

- Sugar Sammy has more than 5,000 friends on facebook.com.

Cops' conduct hearing cancelled

INQUIRY A public hearing into the conduct of two West Vancouver Police officers has been withdrawn by B.C.'s police complaint commissioner.

The officers were originally called over their investigation of an alleged drunk driving incident involving a fellow officer.

Expected costs and the fact that both officers have since retired were factors into deciding the hearing is no longer in the public's interest.

The maximum discipline they could have received is dismissal. Their retirement has the same practical effect, according to complaint commissioner Dirk Ryneveld. **METRO VANCOUVER**

News in brief

HIT-AND-RUN A funeral was held in Burnaby on Thursday for Aneez Mohamed, who was killed in a hit-and-run accident near Granville Island last week. A joint service for Mohamed and his fiancée, Chanelle Morgan, who was also killed in the collision, will be held in Ontario later this month.

METRO VANCOUVER

Teachers' strike averted in Ontario
Elementary teachers across Ontario have accepted the contract that the provincial government was calling its final offer. **CBC NEWS ONLINE**

Canada

Canada will look to U.S. enviro policy: Prentice

Regulations to cut the emissions of industrial polluters are on the shelf until Washington sets a new climate change course and Canada's economic woes subside, the federal environment minister says.

Jim Prentice said the government plans to harmonize Canada's climate change policy with whatever regime U.S. President Barack Obama adopts.

Doing so helps Canadian industry to stay competitive with U.S. companies and presents a common North American front in international talks this year to establish post-Kyoto climate change targets, Prime Minister Stephen Harper added.

The new U.S. administration wants to cap the amount of emissions spewed into the atmosphere by American firms and auction off carbon credits that polluting companies can trade with greener firms in order to avoid penalties.

The cap-and-trade system already exists in Europe.

Prentice's new southward focus means Canada's targets, and the way to achieve emission reductions, are in line for an overhaul.

TORSTAR NEWS SERVICE

Gases

- The Tory promise of regulations to cut industrial greenhouse gas emissions is intended to meet the goal of a 20 per cent cut in the amount of carbon dioxide released into the atmosphere from 2006 levels by 2020.

Olympics **Countdown clock**

ANDY CLARK/REUTERS

Visitors prepare to take pictures of the 2010 Olympic Winter Games countdown clock Thursday in Vancouver. The one-year countdown to Vancouver's Games began Thursday.

News in brief

ALLEGATIONS A Toronto hospital is investigating a complaint that some of its security guards severely beat a man who was visiting a relative. The man and his wife, both aboriginal, allege the guards also shouted racial slurs during the attack.

RIGHTS CASE The Supreme Court of Canada will hear an appeal next Wednesday from a Saskatchewan man who claims his charter rights were violated when his computer was checked for child pornography because a technician who had visited his home expressed concerns.

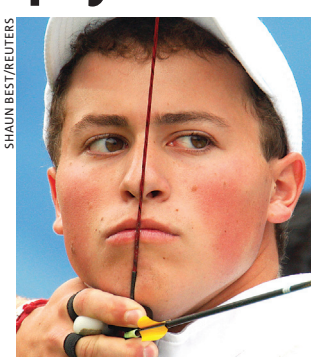
CBC NEWS ONLINE

Olympic archer charged in child pornography bust

ARRESTED John David (JD) Burnes, an Olympic archer, was one of the 31 people arrested last week in an Ontario-wide child pornography sweep.

The 20-year-old Queen's University student is charged with one count each of possession of child pornography and one count of making available child pornography, but police would not give details about the charges.

Burnes, a Toronto native, placed 63rd in the Beijing Games.


SHAUN BEST/REUTERS

John David (JD) Burnes

TORSTAR NEWS SERVICE

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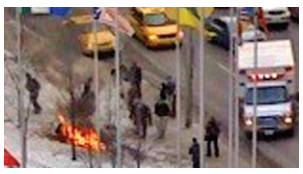
Man arrested, facing bigamy charges

A 71-year-old man who was the subject of the British documentary The Conman with 14 Wives was arrested in Toronto on Thursday and charged with bigamy. Police allege Oliver Killeen is married to women in Ontario, Ireland and England and that he has never obtained a legal divorce for any of his marriages. **CBC NEWS ONLINE**



Calgary protester lights self on fire

ALBERTA Witnesses watched in disbelief as a man lit himself on fire on a downtown Calgary street Thursday morning. EMS spokesperson Stuart Brideaux said the man suffered burns to 40 per cent of his body. "They were very severe burns," he said adding the man had doused himself with flammable liquid. **METRO CANADA**

Double life sought for Khawaja

TRACEY TONG
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An Ottawa man convicted of terrorism should be imprisoned for life, a Crown prosecutor said Thursday.

"There is no choice but to deal severely with Momin Khawaja and like-minded individuals," said prosecutor David McKercher. It is "highly questionable" whether he should ever be released from prison, he said.

"There is no indication of remorse whatsoever."

The Crown is recommending Khawaja receive two life sentences and an additional 44 years in prison. This means no chance of parole for at least 10 years.

On Oct. 29, 2008, the 29-year-old Orleans resident, who worked for the Department of Foreign Affairs, was found guilty of five of seven terrorism-related counts against him. He was the first person charged under Canada's post-9/11 anti-terrorism legislation.

Khawaja, who built a remote-controlled detonator device called the Hi-Fi Digimonster, was "a central player" in a terrorist plot with targets in the U.K., said McKercher.

"His participation was indistinguishable from the five others who have already been convicted (in the U.K. in 2007)," he said.

"Momin Khawaja is the same person he was five and six years ago," he said, adding if he got the chance, he would likely do it again.

It is possible his views may change, making him eligible for parole, but for now, he and society must be separated, he said.

The Crown is seeking a DNA order and the forfeiture of the $10,000 in cash, weapons, ammunition, electronics, and literature found at Khawaja's Orleans home.

The court resumes at 10 a.m. Friday for the final day of submissions.

Defence

- Last week, defence lawyer Lawrence Greenspon told Ontario Superior Court Justice Douglas Rutherford that the software developer — who has spent the last four years and 10 months at the Ottawa-Carleton Detention Centre — should be let off with time served through the two-for-one rule.

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Ottawa **Olympic celebration**

CHRIS WATTIE/REUTERS

Prime Minister Stephen Harper, centre, holds an Olympic flag during an event to mark the one-year countdown to the start of the Vancouver 2010 Winter Olympics, Thursday on Parliament Hill in Ottawa. Also pictured are Olympic hopeful Veronique Fortin, from left, Senator Nancy Green, Canadian Olympic Committee executive director Caroline Assalian and former Olympian Gaetan Boucher.

Fish seen shifting 200 km by 2050 due to warming

ENVIRONMENT Global warming will push fish stocks more than 200 kilometres towards the poles by mid-century in a dislocation of ocean life, a study of more than 1,000 marine species projected.

Tropical nations were likely to suffer most as commercial fish stocks swam north or south to escape warming waters, the report said.

Alaska, Greenland and Nordic nations would be among those to benefit from more fish.

"We'll see a major redistribution of many species because of climate change," said William Cheung of the University of British Columbia and the University of East Anglia in England who was lead author of the study.

"On average, fish will change their distribution by more than 40 kilometres per decade in the next 50 years," he told Reuters of the report in the journal Fish and Fisheries, presented at a meeting in Chicago on Friday. **REUTERS**

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Women with migraines face raised pregnancy risks

Women who have migraines may have a raised risk of suffering from high blood pressure during pregnancy —2.85 times more likely than women who don't suffer migraines. They're also at risk of preeclampsia, a complication that can affect the mother and unborn baby, Italian researchers reported. **REUTERS**

World

Speedy songbird migration

Migrating songbirds can get back up north to their breeding grounds in astonishingly fast time, with some travelling up to 577 kilometres a day, York University researchers reported on Thursday. Data from geo-tracked purple martins and wood thrushes showed the birds moseyed south in the fall, but raced north in the spring, perhaps to snatch up the best nesting sites and mates. REUTERS

Scientists knew risk of satellite crash

SPACE European space scientists were aware of the potential for a close encounter between Russian and U.S. satellites before they crashed.

But the difficulty of predicting orbits and "noise" from thousands of pieces of debris made a definitive prediction of a collision impossible.

Philippe Goudy, deputy director of the French space operations control centre, said data showed a "possible approach" but it didn't "necessarily mean a collision."

The crash between a privately owned U.S. communications satellite and a defunct Russian military satellite occurred Tuesday. **REUTERS**

Venezuela **Chavez pins hopes on referendum**

JORGE SILVA/REUTERS

A supporter of Venezuelan President Hugo Chavez campaigns in front of a mural of socialist hero Ernesto Che Guevara in Caracas on Wednesday. Chavez, hoping to extend his socialist revolution for another decade or more, is playing for his future on Sunday in a referendum on changing the constitution to scrap term limits for the president and other politicians.

News in brief

UN Many countries appear to be ignoring their human trafficking problems, a UN body said Thursday.

ISRAEL Final results of Israel's parliamentary election confirmed on Thursday that the centrist party of Foreign Minister Tzipi Livni won the contest by a single seat over right-winger Benjamin Netanyahu's Likud. **REUTERS**

Conspiracy cracked?

Pakistan says it has detained ringleader of Mumbai attack

Pakistan was holding in custody the suspected ringleader and five other suspects in the conspiracy behind a militant attack that killed 179 people in Mumbai, the top Pakistani Interior Ministry official said on Thursday.

"Some part of the conspiracy has taken place in Pakistan," Rehman Malik, adviser to the prime minister on the interior, told a news conference, noting that six suspects were in custody and two were known but still at large.

Pakistani officials shared the findings of the investigation with India's envoy in Islamabad. The Indian Foreign Ministry issued a statement describing the Pakistani actions as a "positive development."

Tracing telephone calls and bank transfers had led to the capture of a key figure in the conspiracy, Hammad Amin Sadiq, Malik said, calling him "the main operator."

The spokesman noted Pakistan has learned "the full rundown" from some of the arrested, including details of the plot: how terrorists sailed from Karachi to Mumbai on a fishing vessel, the training they were given and the equipment used.

Zaki-ur-Rehman Lakhvi, Zarar Shah and Javed Iqbal were still in custody, Malik said, as well as two partially identified men called Khan and Riaz. **REUTERS**

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Read fine print before entering contests

Marketplace

In these hard economic times, who wouldn't like to win $500,000? Heck, I'd like to win half a million no matter what the economy is doing!

And that's exactly what Russell Quantz hoped would happen when he entered one of the biggest contests in Canada, the Reader's Digest Sweepstakes.

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Now, you don't have to buy the products to play the sweepstakes, but we've learned their marketing tactics have left a lot of Canadians confused.

Like Russell Quantz, of Claresholm, Alta. He thought the more products he ordered, the better his chances of winning the sweepstakes.

The trouble is, Quantz spent almost $7,000 chasing that dream — a bill with Reader's Digest so big, he couldn't pay it. And we've heard from many people saying they feel misled by the company's marketing.

More tips to protect yourself and family from spending money on sweepstakes at metronews.ca/johnson

A crackdown south of the border forced Reader's Digest U.S. to change its marketing tactics. Now, in the U.S., every letter from Reader's Digest has to include a separate piece of paper spelling out in BIG print that people don't have to buy products to play the sweepstakes. And Reader's Digest has to write any customer who spends more than $1,000 in a six-month period — and tell them they don't have to buy products.

But in Canada, it's business as usual. Reader's Digest Canada declined an interview request and instead sent us a letter. Its main point — its rules are perfectly clear. By the way, those rules are typed in fine print so small you practically need a magnifying glass to read it.

It's all made Quantz doubt the Reader's Digest motto: Canada's "Most Read, Most Trusted" magazine.

Erica Johnson is a journalist and co-host of CBC News: Marketplace, Canada's award-winning consumer affairs show. CBC News: Marketplace airs each Friday night at 8:30 p.m. (9 p.m. NT) on CBC Television.

Views

The city as you know it will never be the same

UrbanCompass

OK, Vancouver, it's time to feel the love.

The world has lined up a date with Vancouver for Valentine's Day 2010, and Vancouver is already fussing with its hair.

The expectations are high, maybe too high. If this doesn't go well, there's a risk the world may not be that into us after all, and we'll lose our standing as the No. 1 urban lifestyle love object on the planet.

People who remember this town before it was a world-class date remember just how boring it was around here. They never had to put up with construction-induced traffic snarls. That's because there was no construction … or traffic, for that matter. It was, as legendary scribe Allan Fotheringham liked to say, "The little village on the edge of the rain forest."

But what could go wrong? We're hot and we've got all the assets: Mountain backdrop, ocean beaches, a rain forest right downtown, and a $178-million skating rink.

I admit it took me a while to catch the Olympic fever. I just couldn't see why we'd spend $104.5 million on a glorified toboggan slide (the Whistler Sliding Centre) when we could just rent a movie, stay home, and snuggle up on the couch.

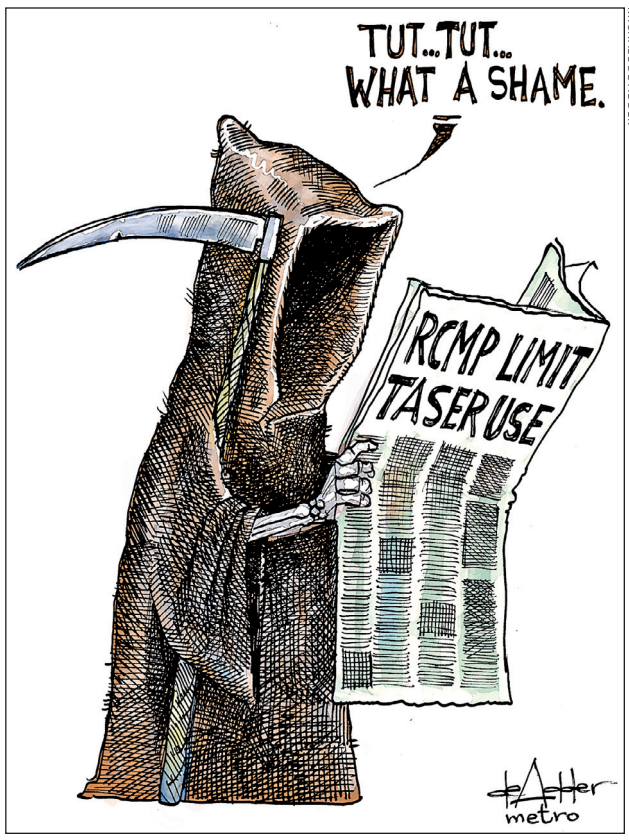
But I think the Olympic love bug bit me last winter when I was standing at the base of the ski jump in the Callaghan Valley just outside Whistler. The scale is enormous: I simply can't imagine what it would take to race down that thing and then take wingless flight. The courage, skill and grace required are staggering, and it's all going to happen right here.

And finally we'll be able to stop talking about the last time the world came to call — Expo 86. It's been a long time between dates, and although the world issues annual press releases telling us how much they love us, we're starting to wonder if they are ever going to drive up in their satellite trucks again.

Not to worry. They're coming, although I'm not sure where they're going to stay. Tourism Vancouver expects 350,000 visitors and there are 30,000 hotel rooms in the area. By next Valentine's Day, the world will be so hot for a date with Vancouver, you should be able to rent out your doghouse for $500 a night.

After that, for better or worse, we'll never be the same.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting.



It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Government of Canada / Gouvernement du Canada

Canada

Howard Stern says satellite radio will survive

Shock jock Howard Stern dismissed the financial troubles plaguing Sirius XM Radio Inc. as "growing pains" and said he believes satellite radio will be a successful business amid reports that the company is preparing for a possible bankruptcy filing. **REUTERS**

Business

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Rich bachelors pursuing love

Matchmakers find business is booming on Wall Street

Valentine's **Day**

It's all doom and gloom on Wall Street, but high-end matchmakers say when America's wealthiest bachelors are humbled, some start looking for love.

"In these economic times, the dynamics have really shifted in favour of relationships," said Rachel Greenwald, matchmaker and author of a new book called Why He Didn't Call You Back.

"Casual dating seemed to be a byproduct of the go-go days of past years when the stock market was booming," Greenwald said. "People had disposable money and they wanted disposable relationships. Now things have really shifted emotionally."

Samantha Daniels says she has more clients than ever willing to pay $25,000 and up a year to meet women through her company, Samantha's Table. She said some men simply have more time to focus on relationships because their business is on hold, for example those in real estate or hedge funds.

Others are not in the mood for endless first dates with different women and want a partner who will deal with their ups and downs. **REUTERS**

Manulife posts $1.87B loss

REPORT Manulife Financial Corp., Canada's largest insurer, reported a big quarterly loss yesterday, hit by a jump in reserves and plummeting global stock markets.

The company said it lost $1.87 billion, or $1.24 a share, in the fourth quarter ended Dec. 31, compared with a profit of $1.14 billion, or 75 cents a share, in the same period last year.

Manulife said the sharp decline in global equity markets had led it to increase its balance sheet reserves to cover investment guarantees linked to some of its products to $5.783 billion at the end of 2008 from $526 million at the end of 2007.

If equity markets recover, some of these reserves may flow into net income, Manulife said.

REUTERS

Business in brief

CANWEST Debt-laden Canwest Global Communications Corp., Canada's biggest media company, may face bankruptcy as the weak economy wreaks havoc on its stable of television stations and newspapers, and buyers for its assets fail to materialize, experts say.

RETAIL Sales at U.S. retailers rebounded in January, rising one per cent, government data showed yesterday, likely boosted by post-holiday discounts and providing a rare glimmer of hope for the economy.

LAYOFFS Aircraft engine manufacturer Pratt & Whitney Canada said yesterday it will lay off up to 1,000 workers from its global operations as it scrambles to respond to a plunge in the business jet market.

RADIO Google Inc. said it will stop selling advertising for broadcast radio, and plans to sell its Radio Automation business, acknowledging that the three-year project had failed. Google estimated that up to 40 people may be laid off.

REUTERS

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Plekanec suspended two games
The NHL suspended Montreal's Tomas Plekanec two games Thursday for taking down the Oilers' Denis Grebeshkov from behind Wednesday. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Deja vu in desert

SCOTT RINTOUL
for Metro Vancouver

NHL RESULT
Coyotes 3 Canucks 4

RICK SCUTER/REUTERS
Henrik Sedin scored the game-winning goal Thursday.

THE SKINNY: The Canucks played the part of Cardiac Kids once again, scoring three goals in the third period to register their fourth consecutive win. Henrik Sedin's power-play goal proved to be the winner, while Pavol Demitra, Kevin Bieksa and Mattias Ohlund provided the rest of the offense.

THE TRAILERS: Despite winning both games on this road trip, Vancouver has led for a grand total of 13:55 in victories over St. Louis and Phoenix. Neither the Blues nor the Coyotes had lost in regulation when leading through two periods prior to the Canucks' comebacks.

THE SLUMP BUSTER: Kyle Wellwood's third period assist was his first point in ten games and came in his return to the lineup after being a healthy scratch against both the Blackhawks and Blues.

THE DEMOTION: New Westminster native Kyle Turris did not factor in the game, as the highly touted rookie was sent down to San Antonio of the AHL earlier in the day.

THE RATING: A listless affair through forty minutes was offset by inspired third period by the Canucks. 3 out of 5.

THE NEXT GAME: No rest for the weary as the Canucks take on the Stars Friday night in Dallas.

Combing through the stats

TheHockeyNews
Sam McCaig
thehockeynews.com

To paraphrase that great Olivia Newton-John song from the early '80s: *Let's get statistical/statistical/I wanna get statistical/Let's get statistical …*

With more than 50 games under their belts, we've got a good sampling to see how the Canucks have stacked up against the rest of the NHL this season, from their prowess on the power play to their fighting frequency to scoring exploits.

SCORING: The Canucks are averaging exactly three goals per game (3.00), good for 10th in the league. And Vancouver's ratio of 1.12 ranks eighth when it comes to 5-on-5 scoring – in other words, the Canucks have scored 1.12 even-strength goals this season for every one they've given up. (As long as the ratio is greater than 1.00, it's a good sign.)

And whether it's 5-on-5 or on special teams, the Canucks appear to need a period to get their legs going. Vancouver has scored 60 goals in the second period this season (in 53 games), which is third behind Detroit (68) and Boston (61). However, Vancouver is barely middle-of-the-pack in scoring in the first and third periods.

POWER PLAY: At 19.3 percent, Vancouver was 12th in the league with the man advantage.

And, if you saw Mats Sundin working with the Sedins on Saturday night against Chicago, when Vancouver scored four power play markers in a 7-3 win, you have to figure this is an area of strength the rest of the season.

The Canucks have three 4-on-3 goals this season, tied with Boston for the most in the NHL, and five 5-on-3 goals, tied for sixth overall. (Unfortunately, Vancouver has given up three goals while down 4-on-3 … and given up five goals while down 5-on-3.)

SHOOTING: At 28.0, the Canucks sit 24th overall in shots per game. Vancouver is surrendering 29.7 shots per game, 14th-most in the league.

Don't be surprised if both numbers go up, with Sundin helping to pad the shots-for total, while Roberto Luongo's presence may inspire a more wide-open style — and more scoring chances at both ends of the rink.

It doesn't seem to matter whether the Canucks take more shots than their opponent. Vancouver is 10-8-4 when outshooting the other team, and 12-11-4 when outshot. Oh yeah … the Canucks are 3-1-0 when the shots are even.

FIGHTING: Vancouver ranks third in the NHL in fighting majors, with 52, just behind Anaheim (56) and Philadelphia (55).

Surprisingly, only one Canuck ranks among the league's 50 busiest boxers — Darcy Hordichuk has dropped the gloves 11 times. (Columbus' Jared Boll and Philadelphia's Riley Cote each have fought 17 times this year to lead the NHL.) Otherwise, it's been uppercut-by-committee, with defencemen Shane O'Brien and Rob Davison each fighting five times, and Kevin Bieksa, Mattias Ohlund and Ryan Kesler chalking up three bouts apiece.

Yet for all of the fisticuffs, Vancouver sits dead-last in bodychecks, with 844 through 53 games (about 16 hits per game). Maybe coach Alain Vigneault should send Kesler and Alex Burrows over the boards a little more often.

FACEOFFS ETC.: The Canucks are winning 51.9 per cent of their faceoffs this season, which might not sound like a big deal, but it's the fifth-highest percentage in the league. And as you probably know, in today's game, puck-possession is more important than ever before.

The Hockey News
thn.com

Visit metronews.ca/movies to get showtimes, watch trailers and read reviews.

Movies&Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Shop 'til you drop Pg 20

Shopaholic is a fun interpretation of the first in the best-selling Shopaholic book series and lives up to a Jerry Bruckheimer quality with plenty of laughs and a sweet — however predictable — romance. Isla Fisher proves charismatic and vivacious.

movies Pg 20

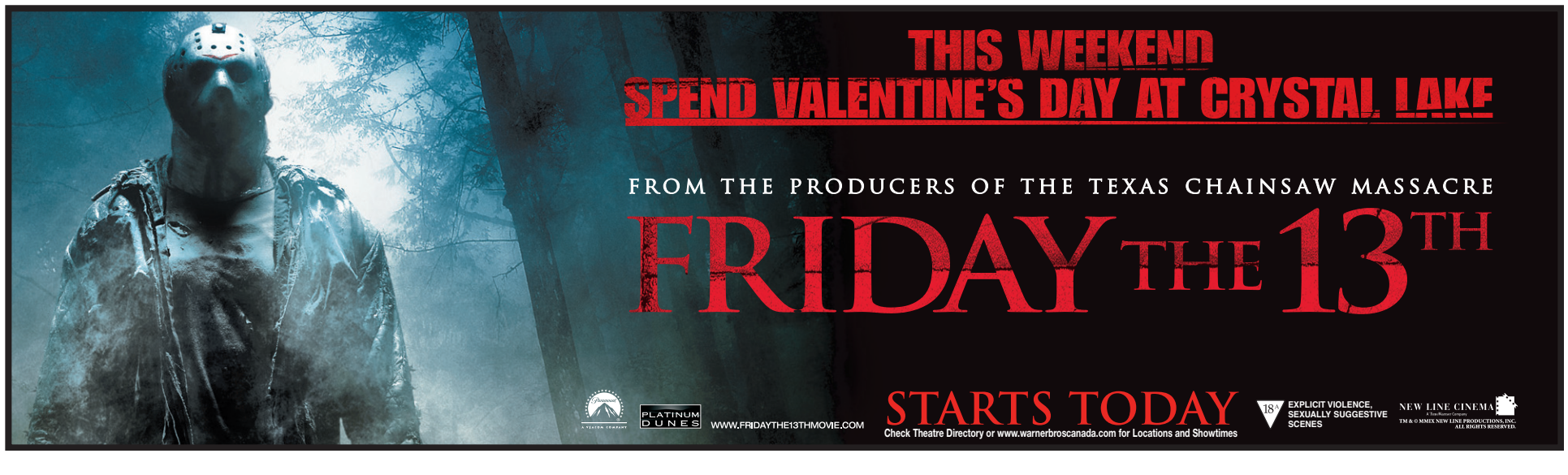
Friday the 13th is truly scary — for a movie reviewer.

music Pg 27

Find Metro's list of the love songs we can live without.

7th heaven Pg 29

Why is this saucy songstress on our weekly hot list?



Juno screenwriter's got Jennifer's Body

The next film from Juno screenwriter Diablo Cody and actress Megan Fox is Jennifer's Body, the heartwarming tale of a demonically-possessed cheerleader who wreaks bloody revenge on anyone who ever crossed her. **EMPIREONLINE.COM**

Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Shopaholic deserves credit

Confessions of a Shopaholic

Director: P.J. Hogan
Stars: Isla Fisher, Hugh Dancy
Classification: PG
Rating: ●●½

ROBYN YOUNG
for Metro Canada

Isla Fisher, centre, stars as shopping addict Rebecca Bloomwood in Confessions of a Shopaholic.

Confessions of a Shopaholic doesn't disappoint as a fluffy chick flick with a bit of a message that may be perfectly in time with the global recession.

But leave your credit cards at home when you go see it. It takes some willpower to avoid the temptation to shop after being inundated with fashion eye candy for just under two hours.

True to Sophie Kinsella's book of the same name, Shopaholic's main character Rebecca Bloomwood (Isla Fisher) is a hardcore shopping addict who's racked up over $9,000 in credit card debt.

Still, she continues to spend, summoned into shops by store mannequins that come to life as she walks down the streets of Manhattan and spends her every waking moment avoiding the annoyingly dorky collections' agency guy on her trail.

It's a fun interpretation of the first in the best-selling Shopaholic series and lives up to Jerry Bruckheimer quality with plenty of laughs and a sweet — however predictable — romance between Fisher and hot up-and-coming Brit Hugh Dancy.

Fisher is well-chosen for the part as the charismatic and vivacious, but at times goofy and awkward, Rebecca who seems ignorant of her own beauty and talent as a journalist.

Coveting a job at the prestigious Alette fashion magazine, she inadvertently and ironically lands a staff writing position at a sister magazine about personal finance and savings.

While writing up a storm about how to scrimp and be spendthrift, Rebecca continues to rack up her accounts, shopping just for shopping's sake.

It all comes to a head when best friend and roommate Suze (Krysten Ritter) finally calls her a hypocrite and Rebecca agrees to get help.

The best part of the film is a dancing scene with her leading man where Fisher goes full-tilt on the goofy train, a segment which Dancy says was completely improvised.

On the web

• For a trailer and screen times for Confessions of a Shopaholic, visit metronews/movies.

The International grounded by plot

The International

Director: Tom Tykwer
Stars: Clive Owen, Naomi Watts
Classification: 14A
Rating: ●●½

STEVE GOW
for Metro Canada

Clive Owen stars in the thriller The International.

REVIEW There should be no doubt that The International is a big movie. It's practically the only revealing aspect one might reason from its vague, inconclusive title.

Indeed, filmed in four countries across two continents, The International may be a global thriller, but it may also be too sprawling for its own good.

Interpol agent Louis Salinger (Clive Owen) has dedicated his career to taking down a powerful international bank that has been secretly dealing in financing terrorism around the world. After an associate is mysteriously killed, he seeks support from a Manhattan District Attorney (Naomi Watts) and sets out to chase down the cold-blooded corporate culprits from Berlin to Milan to New York and Istanbul.

Unfortunately, as fascinating as these locales are — and director Tom Tykwer (Run Lola Run) does make them look fantastic — this worldwide chase becomes plodding and tiresome early on by an eagerness to establish expanse (we all get it, it's a big bank).

In fact, it isn't until Salinger finds himself in a well-choreographed shoot-out in Manhattan's Guggenheim that The International becomes the taut, suspenseful homage to '70s thrillers like The French Connection that it aspires to be. In this scene, Tykwer exceeds at creating an intensely thrilling sequence that will surely end up The International's lone lasting impression.

Playing an all-but-defeated obsessive, Owen looks authentically exhausted. He appears as disheveled and worn as his world-weary character but then, that might've been more because of the actor's exaggerated travel schedule.

In the end, it's the superfluous, tedious story that bogs down The International and makes its audience feel jet-lagged — as if they were the ones dragged across four countries and two continents.

On the web

• For a trailer and screen times for The International, visit metronews/movies.

HollywoodRants

Read his blog at metronews.ca

Classic silver screen killer Jason Voorhees returns in the remake of Friday the 13th.

No scares in this Friday

Friday the 13th

Director: Marcus Nispel
Stars: Jared Padalecki
Classification: R
Rating: ●●

STEVE GOW
for Metro Canada

REVIEW When director Gus Van Sant remade Psycho back in 1998, it was slayed by critics. Although trying to recreate the Hitchcock classic shot-for-shot was a daft experiment, it was doomed to fail. You cannot recapture lightning in a bottle twice. Why even try?

Friday the 13th is one so-called classic in which that strategy may have actually helped. After all, the original 1980 version was a low-budget, low-brow horror flick that looks horrific by today's standards. A revamped shot-by-shot remake from a talented director might actually give the gore-fest some gas.

Instead, director Marcus Nispel "re-imagines" Friday the 13th and its classic killer Jason Voorhees by form-fitting it into a common model. Sure, he gives the franchise a much-needed steroid boost but by turning the film's awareness in on itself, he loses the authenticity of the horror.

The plot is simple (and familiar): When his sister goes missing, Clay Miller (Jared Padalecki of TV's Supernatural) heads out to the woods near Camp Crystal Lake with an armful of flyers. There, he meets a group of arrogant rich kids and discovers the remains of an old cabin. Want to guess what happens next?

There's no mistaking Friday's intentions — this is definitely for Jason Voorhees fans. But, with very little suspense to speak of, Friday the 13th isn't scary at all…unless of course, you're a film critic.

THE BEST-REVIEWED MOVIE OF THE YEAR*

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A. O. SCOTT

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"GRADE A! THE AUDIENCE FOR 'CORALINE': EVERYBODY!"
LISA SCHWARZBAUM

Los Angeles Times
"A MAGICAL TALE. A REMARKABLE FEAT OF IMAGINATION."
KENNETH TURAN

ET
"THE BEST 3-D MOVIE I'VE EVER SEEN."
LEONARD MALTIN

Rolling Stone
"DAZZLING!"
PETER TRAVERS

USA TODAY
"A VISUAL MARVEL!"
CLAUDIA PUIG

PETER HOWELL, TORONTO STAR
"★★★★"

BRUCE KIRKLAND, TORONTO SUN
"★★★★½"

EYE WEEKLY
"★★★★★"

JAY STONE, VANCOUVER SUN
"★★★★½"

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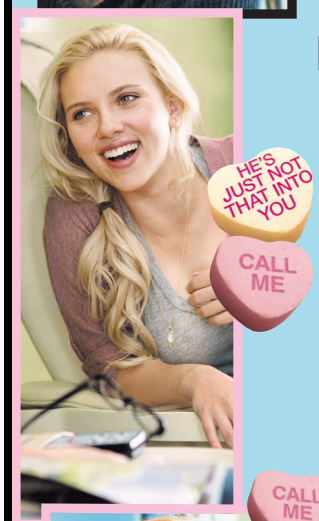

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Cruise may join Ludlum thriller movie

Tom Cruise is in talks to join The Matarese Circle. David Cronenberg is in the director's chair for MGM's adaptation of the Robert Ludlum story, which finds two bitter spies who have spent 20 years trying to off each other forced to team up. **TOTALFILM.COM**

Movies

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Michelle Williams shines in Wendy and Lucy

Wendy and Lucy
Director: Kelly Reichardt
Stars: Michelle Willias
Classification: STC
Rating:

KEVIN COURRIER
for Metro Canada

REVIEW In the American road movies of the past, people usually headed out with great ambition, investing a hope of discovering something of the country's true spirit.

Whether it was the doomed Peter Fonda and Dennis Hopper mounting their hogs and blazing a trail through America's heartland in Easy Rider (1969), or Art Carney and his cat in their twilight years seeking new digs in Harry and Tonto (1974), the task was a quest to find America.

That was then.

In Kelly Reichardt's understated, yet lovely, Wendy and Lucy, the goals and dreams are far simpler — and the quest to find America is more elusive than ever. With little money, Wendy (Michelle Williams) hits the road with her loyal pooch Lucy to seek work in Alaska at a cannery. When her car breaks down in Oregon, she commits a desperate act that separates her from her dog. For the rest of the movie, Wendy hunts for Lucy while having to take full stock of her financial and personal predicament.

Based on Jon Ramond's short story Train Choir, Reichardt's movie is perceived between the lines of the narrative. While the plot may be basic, the mood is anything but simple.

Wendy and Lucy doesn't revel in despair, or make explicit political statements. Reichardt only seeks comfort in Michelle Williams' stirring and poignant performance.

"A COMIC GEM."
Paul Fischer, DARK HORIZONS

STEVE MARTIN is INSPECTOR CLOUSEAU

INSPECT THE UNEXPECTED

METRO-GOLDWYN-MAYER PICTURES AND COLUMBIA PICTURES PRESENT A ROBERT SIMONDS PRODUCTION STEVE MARTIN "THE PINK PANTHER 2" JEAN RENO ALFRED MOLINA EMILY MORTIMER AISHWARYA RAI BACHCHAN AND ANDY GARCIA WITH LILY TOMLIN AND JOHN CLEESE MUSIC BY CHRISTOPHE BECK EXECUTIVE PRODUCERS IRA SHUMAN SHAWN LEVY BASED ON CHARACTERS CREATED BY MAURICE RICHLIN & BLAKE EDWARDS BASED ON THE PINK PANTHER FILMS OF BLAKE EDWARDS STORY BY SCOTT NEUSTADTER & MICHAEL H. WEBER SCREENPLAY BY SCOTT NEUSTADTER & MICHAEL H. WEBER AND STEVE MARTIN PRODUCED BY ROBERT SIMONDS DIRECTED BY HARALD ZWART
PG VIOLENCE
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Captain Nemo surges ahead
Director McG's next project, 20,000 Leagues Under The Sea: Captain Nemo, has been fast-tracked by Disney, with screenwriter Justin Marks coming on board to reshape the script. **EMPIREONLINE.COM**

Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Sea 3-D is awash in stunning images

Under the **Sea 3-D**
Director: Howard Hall
Classification: STC
Rating: ●●●½

PHIL BROWN
for Metro Canada

A scene from IMAX film Under the Sea 3-D.

REVIEW Visually stunning from the first frame to the last and laced with plenty of information that will subtly educate the stunned and awed audience, Under the Sea 3-D is one of the most impressive examples of the IMAX 3-D format to date.

The film was directed by Howard Hall, whose previous underwater IMAX project, Deep Sea 3-D, is the second highest grossing IMAX doc to date. Hall is a master of creating immersive 3-D images that bring the audience as close to actual underwater diving as possible without getting wet (perhaps next time he can equip theaters with special sprinkler systems to bring the experience to the next level).

The movie is filled with unforgettable images that come alive on the massive IMAX screens. Some sequences such as a sea turtle eating a jellyfish or the bizarre mating rituals of the giant cuttlefish have an almost hypnotic pictorial beauty.

When combined with the increasingly impressive modern 3-D technology the result is gorgeously stylized, yet realistic enough to have children and gullible adults grasping at the screen.

Due to the vast scope of the IMAX screen the 3-D technology is not merely a gimmick like the goofy '50s horror films John Candy used to mock on SCTV, but an incredible form of immersive visual storytelling that makes the screen feel like a window.

There's no denying the primary success of Under the Sea lies in its wow factor. Jim Carrey narrates the piece. dropping facts to keep things educational, but frequently the imagery is so compelling it can be difficult to concentrate on anything else.

The IMAX 3-D format is perhaps ideally suited to a film like Baraka that exists purely as a sensory experience, but given that many of the world's IMAX screens are still in museums and science centres, an educational aspect to these films is a necessity.

Zellweger goes indie

FEATURE Renee Zellweger courts a bankrupt businessman, a cruel colonel and a deranged "serial matrimonialist" in a touching new comedy loosely based on the 1950s childhood of Hollywood actor George Hamilton.

Zellweger's character Ann Devereaux leaves her husband when she finds him in bed with another woman and takes her two sons on a road trip across America to find a suitable replacement.

Although Hamilton's experience as a 15-year-old was the starting point, much of the narrative of My One And Only, during which the flamboyant but flawed mother buys a Cadillac and drives from city to city, is fictional.

At one point, Devereaux approaches a potential suitor at a hotel bar who turns out to be an undercover detective and is promptly arrested for soliciting.

When asked what experience she brought to the role at a press conference in Berlin, where My One And Only is in the main competition at the film festival, Zellweger joked:

"In terms of research for Mrs. Devereaux, can I just say 'no comment?'"

She said that starring in the independent picture was as good an experience as any she had had on set, and judging by the warm reaction after a press screening Thursday in Berlin, My One And Only is a serious contender for the best picture award when the festival winds up Saturday.

The movie recreates the look and feel of 1950s America, with the Cold War in the background and huge excitement over social "advances" like the first TV dinners.

Zellweger said she benefitted from the movie being set just over 50 years ago.

"The limited opportunities that women had in America at the time — it was fun to play around that. **REUTERS**

Angels & Demons trailer hits Internet

The trailer for Angels & Demons, Ron Howard's sequel to The Da Vinci Code is available online. Demons is Dan Brown's prequel novel to the Code, but has been re-fitted to work as a sequel to the first film. **TOTALFILM.COM**

Reel Time

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Oscar speeches: Shorter is better

InFocus

Richard Crouse

mrchaos33@hotmail.com

The 81st Annual Academy Awards

If every winner adhered to ... few simple rules Oscar night could be a zippier, fun-filled affair instead of, as Johnny Carson joked, 'Two hours of sparkling entertainment spread over four hours."

"Hand me now already the statuette award." With those dipsy doodle words Emil Jannings became the first Academy Award winner for best actor. It was a short and sweet speech which set the template for other loopy acceptance speeches to come—well, except for the short part.

Oscar speeches range from funny ("It couldn't have happened to an older guy," said 80-year-old George Burns of his Sunshine Boys win) to inflammatory (Michael Moore's, "Shame on you Mr. Bush! Shame on you!" outburst) to bizarre ("I am so in love with my brother," cooed Girl, Interrupted best supporting Actress Angelina Jolie) to heartfelt ("You like me!" yelped Sally Fields, "You really like me!") and egotistical ("I would like to thank my colleagues," intoned composer Dimitri Tiomkin, "Brahms, Bach, Beethoven, Richard Strauss") but to make a really successful speech there just are five basic rules:

1. Keep it short: The show is long so you'll be a hero if you keep your speech under 45 seconds. Take the lead from Jane Fonda, best actress for Klute, "There's a great deal to say," she said, "but I'm not going to say it tonight."

2. Give Thanks: No man or woman is an island, so you have to thank someone (unless you are screenwriter Donald Ogden Stewart who said "I am happy to report that I am entirely and solely responsible for the success of The Philadelphia Story"), but know where to draw the line. Find a happy medium somewhere between Jon Landau who thanked a laundry list of 45 people after Titanic's best picture win and William Holden's simple "Thank you" after he nabbed best actor for Stalag 17.

Also, remember to thank really important people. Don't be like Hillary Swank who thanked everyone on the planet except her husband Chad Lowe when she won for Boys Don't Cry.

4. Be memorable: This may be the biggest audience you'll ever play to so say something unforgettable. More people remember Cuba Gooding Jr.'s exuberant Jerry Maguire speech than any of the movies he's made since then and De Niro made headlines when he accepted his best actor award for Raging Bull by thanking Jake LaMotta, "even though he's suing us."

5. Be Coherent: It's an exciting moment, but don't get rattled unless you want to see yourself all over the Net the next day sputtering nonsense. Jonathan Demme must regret using the word "uh" 40 times in his rambling acceptance speech for The Silence of the Lambs, and who knows what Laurence Olivier was thinking when he delivered a head-scratcher of a speech about "the first breath of the majestic glow of a new tomorrow" that left everyone in the audience baffled.

If every winner adhered to these few simple rules Oscar night could be a zippier, fun-filled affair instead of, as Johnny Carson joked, "Two hours of sparkling entertainment spread over four hours."

Richard Crouse's Movie Show can be seen every Sunday at 6:30 pm on the E! Channel.

Shannon soaking in Oscar nod

ACADEMY Actor Michael Shannon found his life turned odd after he got his Oscar nod.

His portrayal of John Givings — the surprising voice of reason in the dark suburban drama Revolutionary Road — earned Shannon a nomination for best supporting actor at the Feb. 22 Academy Awards.

But heading into January's nominations, Shannon was on few — very few — lists of actors who might get a nod for one of the world's top film honours.

Even Shannon admits he was surprised when his cell phone began buzzing at 6:30 a.m. the day nominations were announced.

"My phone started doing a voodoo dance," he told Reuters. "I still can't believe it. Life is so strange. I never thought this would happen."

REUTERS

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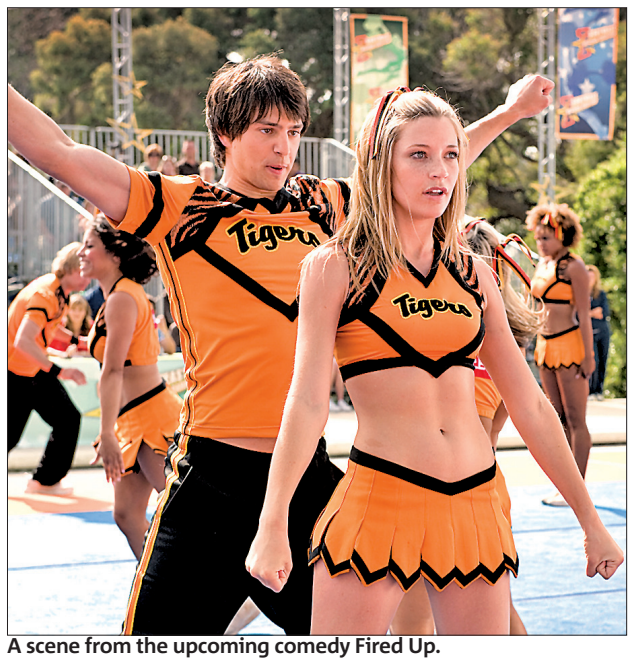

A scene from the upcoming comedy Fired Up.

FEATURE In the new comedy Fired Up, two high school football stars attempt to expand their dating pool by spending the summer at cheerleading camp. After all, where else would be better to meet cute, athletic girls? Once they arrive however, the characters (and their actor counterparts) discover something else — an extremely difficult athletic sport.

"This is more about the boys obviously and the jokes end up being on them a little bit but the cheering part — I think anyone who watches it has got to respect what these kids do in cheer camp," said actress AnnaLynne McCord (TV's 90210) recently over the phone from Los Angeles. McCord should know what she's talking about.

Not only does she play a head cheerleader in the movie, but her and co-star Sarah Roemer (Disturbia) spent more than two weeks at cheerleading boot-camp preparing for the comedy.

"This is definitely a dangerous sport. I don't know why parents let 14-year-old little girls do it. I mean, they're throwing you 20 feet in the air and you're having to focus and actually do something," explained McCord. "I was doing such minimal things considering what actual cheerleaders do and, at those ages, it's absolutely incredible."

"Its extremely hard and you have to be precise and strong," adds Roemer. "I felt much more comfortable with the girls throwing me up in the air than these two strong guys."

Although the choreography in Fired Up — which opens in theatres next Friday — is sure to gain admirers, it is still a comedy intended to mock the subculture of cheerleaders. No scene perhaps captures that spirit more than one in which actors Eric Christian Olsen and Nicholas D'Agosto had to strip down and perform a naked cheer — a sequence in which the pair not only had to have their pom-pom choreography down pat to avoid full exposure but they had to be fearless.

"Oh yes, it's very fun," laughed Roemer. "(Eric and Nicholas) kind of fed off each other and they totally go for it."

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Good call

Screen Times

This week's new releases are highlighted in pink.

THIS PAGE COVERS MOVIE START TIMES FROM FRI., FEB. 13 TO THURS., FEB. 19. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

VANCOUVER

OMNIMAX THEATRE SCIENCE WORLD
1455 Quebec St., 604-443-7443

The Alps (STC) Fri-Thu 3 Fri 7:30
Grand Canyon Adventure: River at Risk (STC) Fri-Thu 1
Journey Into Amazing Caves (STC) A.M. Fri-Thu 11 Sat 7:30
Pulse: A Stomp Odyssey (STC) Sat-Thu 5
Roving Mars (G) Fri-Thu 12-2-4 Fri-Sat 8:30

CN IMAX THEATRE
201-999 Canada Place, 604-682-4629

African Adventure 3D: Safari in the Okavango (STC) Fri 1 Sat-Sun 1-5 Mon-Thu 1
The Dark Knight: The IMAX Experience (14A) Sun-Thu 8
Under the Sea 3D (G) Fri 12-2-7 Sat-Sun 12-2-4-7 Mon-Thu 12-2-7
Wild Ocean (G) Fri-Thu 3-6

DUNBAR THEATRE
4555 Dunbar Street, 604-222-2991

The Pink Panther 2 (PG) Fri 7-8:55 Sat 1:45-4-7-8:55 Sun 1:45-4-7 Mon-Thu 7

FIFTH AVENUE CINEMAS
2110 Burrard Street, 604-734-7469

Gran Torino (14A) Fri-Tue 1:10-3:50-6:50-9:15 Wed 1:10-3:50-9:15 Thu 1:10-3:50-6:50-9:15
Milk (PG) Fri-Thu 1:15-3:55-6:40-9:20
The Reader (18A) Fri-Thu 1:40-4:20-7:10-9:40
Revolutionary Road (14A) Fri-Thu 1:50-4:30-7:20-9:45
Slumdog Millionaire (14A) Fri-Thu 1:30-4:10-7-9:30

GRANVILLE
855 Granville St., 604-684-4000

Bride Wars (G) Fri 7 Sat-Sun 1:20-7 Mon-Thu 7
Defiance (14A) Fri-Thu 6:45-9:40
Frost/Nixon (PG) Fri 6:50-9:30 Sat-Sun 1-4-6:50-9:30 Mon-Thu 6:50-9:30
Hotel for Dogs (G) Sat-Sun 1:30-4:10
Inkheart (PG) Fri 7:10 Sat-Sun 1:10-7:10 Mon-Thu 7:10
Milk (PG) Fri 6:55-9:45 Sat-Sun 1:05-3:55-6:55-9:45 Mon-Thu 6:55-9:45
Opus Arte: La Bohème (Opera) (STC) Sat-Sun 1
Rachel Getting Married (PG) Fri 7:15 Sat-Sun 1:15-7:15 Mon-Thu 7:15
Underworld: Rise of the Lycans (18A) Fri 7:05-9:20 Sat 4:25-7:05-9:20 Sun 9:20 Mon-Thu 7:05-9:20
The Uninvited (14A) Fri 9:35 Sat-Sun 4:20-9:35 Mon-Thu 9:35
Valkyrie (PG) Fri 9:50 Sat-Sun 4:05-9:50 Mon-Thu 9:50
WWE: No Way Out 2009 (STC) Sun 5
Yes Man (PG) Fri 9:25 Sat-Sun 4:15-9:25 Mon-Thu 9:25

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211

Quantum of Solace (14A) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Thu 7:30
Seven Pounds (PG) Fri 9:30 Sat-Sun 3:30-9:30 Mon-Thu 9:30

OAKRIDGE
650 West 41st Ave., 604-263-1944

Confessions of a Shopaholic (G) Dolby Stereo Digital, No Passes Fri 7-9:30 Dolby Stereo Digital, No Passes Sat-Sun 1-4-7-9:30 Dolby Stereo Digital, No Passes Mon-Thu 5-8
The Pink Panther 2 (PG) DTS Digital Fri 6:45-9:20 DTS Digital Sat-Sun 1:45-4:20-6:45-9:20 DTS Digital Mon-Thu 5:20-8:20
Taken (14A) DTS Digital Fri 7:20-9:40 DTS Digital Sat-Sun 1:20-4:40-7:20-9:40 DTS Digital Mon-Thu 5:10-8:10

PACIFIC CINÉMATHÈQUE
1131 Howe Street, 604-688-3456

Empire of Passion (STC) Fri 7:30 Sat 9:35 Sun 9:05 Mon 7:30
Frames of Mind (STC) Wed 7:30
Merry Christmas Mr. Lawrence (STC) Fri 9:30 Sat 7:15 Mon 9:30
The Order of Myths (STC) Thu 7:30
Sleeping Beauty (STC) Sun 1
Three Resurrected Drunkards (STC) Sun 7:30

PARK THEATRE
3440 Cambie Street, 604-876-2747

Stone of Destiny (PG) A.M. Sun 10
Welcome to the Sticks (PG) Fri 4-7-9:15 Sat-Sun 1:30-4-7-9:15 Mon-Thu 4-7-9:15

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

Cadillac Records (14A) Fri 4-7-9:15 Sat-Sun 1:30-4-7-9:15 Mon-Thu 4-7-9:15
Last Chance Harvey (PG) Wed 1
Metropolitan Opera: La Boheme (STC) A.M. Sun 10

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film
riotheatre.ca

Friday the 13th (STC) Fri 12
He's Just Not That Into You (PG) Fri 7-9:30 Sat-Sun 4:20-7-9:30 Mon-Thu 7-9:30
Last Tango in Paris (STC) Sat 12
My Bloody Valentine (STC) Fri
Secretary (STC) Sat

SCOTIABANK THEATRE VANCOUVER
900 Burrard St., 604-630-1407

Confessions of a Shopaholic (G) No Passes Fri 1:20-4:10-7-9:50 No Passes Sat 10:45-1:20-4:10-7-9:50 No Passes Sun-Thu 1:20-4:10-7-9:50
Coraline 3D (PG) Fri 1:10-4-6:50-9:40 Sat 10:45-1:10-4-6:50-9:40 Sun-Thu 1:10-4-6:50-9:40
The Curious Case of Benjamin Button (PG) Fri-Thu 12:30-4:15-8:15
Gran Torino (14A) Fri-Wed 12:50-3:40-6:40-9:30 Thu 12:50-3:40-9:30
The International (14A) Fri-Thu 1-3:50-7:20-10:20
Metropolitan Opera: Thais Encore (STC) Sat 9
Push (14A) Fri-Thu 1:40-4:30-7:30-10:15
Revolutionary Road (14A) Fri-Tue 12:40-3:30-6:45-10 Wed 12:40-3:30-10 Thu 4-6:45-10
Taken (14A) Fri-Thu 1:50-4:20-7:40-10:30
The Who - Live at the Isle of Wight Festival (STC) Wed 7
The Wrestler (14A) Fri-Thu 1:15-4:05-7:10-10:10

TINSELTOWN
88 West Pender, 604-806-0799

The Class (PG) Fri-Thu 12:45-4-7:05-9:55
Doubt (G) Fri-Thu 12:20-2:55-5:25-7:55-10:25
Friday the 13th (18A) No Passes Fri-Thu 12:30-1:45-3-4:15-5:30-6:45-8-9:15-10:30
He's Just Not That Into You (PG) No Passes Fri-Thu 1:05-4:05-7:15-10:15
New in Town (PG) Fri-Thu 12:10-2:35-5:10-7:40-10:05
Paul Blart: Mall Cop (PG) Fri-Thu 12:15-2:45-5:05-7:25-9:45
The Pink Panther 2 (PG) No Passes Fri-Tue 12-1:10-2:20-3:30-4:40-7-9:20 No Passes Wed-Thu 12-1:10-2:20-3:30-4:40-9:20
The Reader (18A) Fri-Thu 1:20-4:10-7:10-10
Slumdog Millionaire (14A) Fri-Thu 1:30-4:30-6:05-7:30-9:10-20
Wendy and Lucy (PG) No Passes Fri-Thu 1-3:15-5:20-7:45-9:50

VANCITY THEATRE
1181 Seymour St., 604-683-Film

Oscar Nominated Animated Shorts (STC) Wed 6 Thu 7:50
Oscar Nominated Shorts - Live Action (STC) Wed 7:50 Thu 6
Transfusion (STC) Sat-Sun 7

VAN EAST CINEMA
2290 Commercial Dr. 604-251-1313

Frost/Nixon (PG) Sat-Sun 4:30
Milk (PG) Fri-Thu 7
The Wrestler (14A) Fri-Thu 9:25

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

Confessions of a Shopaholic (G) No Passes Fri 7:10-9:35 No Passes Sat-Sun 1:30-4-7:10-9:35 No Passes Mon-Thu 7:10-9:35
Coraline (PG) Fri 7:20-9:40 Sat-Sun 2-4:40-7:20-9:40 Mon-Thu 7:20-9:40
Friday the 13th (18A) No Passes Fri 7:30-9:50 No Passes Sat-Sun 1:45-4:15-7:30-9:50 No Passes Mon-Thu 7:30-9:50
Gran Torino (14A) Fri-Thu 6:45-9:25
Hotel for Dogs (G) Sat-Sun 4:30
The International (14A) Fri 6:50-9:30 Sat-Sun 1:05-3:45-6:50-9:30 Mon-Thu 6:50-9:30
Opus Arte: La Bohème (Opera) (STC) Sat-Sun 1
The Reader (18A) Fri 7-9:45 Sat-Sun 1:10-4:20-7-9:45 Mon-Thu 7-9:45

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

He's Just Not That Into You (PG) Fri 6:50-9:50 Sat-Sun 1-3:50-6:50-9:50 Mon-Thu 6:50-9:50 Star & Strollers Screening Thu 1
Metropolitan Opera: Thais Encore (STC) Sat 9
Paul Blart: Mall Cop (PG) Fri 6:40-9:30 Sat-Sun 12:55-3:40-6:40-9:30 Mon-Thu 6:40-9:30
The Pink Panther 2 (PG) Fri 6:30-9:20 Sat-Sun 12:30-3:20-6:30-9:20 Mon-Thu 6:30-9:20
Push (14A) Fri 6:45-9:45 Sat-Sun 12:40-3:35-6:45-9:45 Mon-Thu 6:45-9:45
Slumdog Millionaire (14A) Fri 7-10 Sat-Sun 12:50-4-7-10 Mon-Thu 7-10
Taken (14A) Fri 7:10-9:40 Sat-Sun 12:45-3:30-7:10-9:40 Mon-Thu 7:10-9:40 Star & Strollers Screening Thu 1

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Confessions of a Shopaholic (G) No Passes Fri 4:25-7:10-9:40 No Passes Sat 1:15-4:25-7:10-9:40 No Passes Sun 1:15-4:25-7:10 No Passes Mon-Thu 4:25-7:10
Friday the 13th (18A) No Passes Fri 4:35-7:20-9:45 No Passes Sat 1:25-4:35-7:20-9:45 No Passes Sun 1:25-4:35-7:20 No Passes Mon-Thu 4:35-7:20
He's Just Not That Into You (PG) Fri 4:10-7-9:55 Sat 1-4:10-7-9:55 Sun 1-4:10-7 Mon-Thu 4:10-7
The International (14A) Fri 4:15-7:05-9:50 Sat 1:05-4:15-7:05-9:50 Sun 1:05-4:15-7:05 Mon-Thu 4:15-7:05
Paul Blart: Mall Cop (PG) Fri 4:20-6:55-9:30 Sat 1:20-4:20-6:55-9:30 Sun 1:20-4:20-6:55 Mon-Wed 4:20-6:55 Thu 4:20
The Pink Panther 2 (PG) Fri 4:30-7:15-9:35 Sat 1:10-4:30-7:15-9:35 Sun 1:10-4:30-7:15 Mon-Thu 4:30-7:15

SILVERCITY RIVERPORT
14211 Entertainment Way, 604-272-7280

Billu Barber (Hindi w/e.s.t.) (STC) Fri-Thu 12:10-3:20-6:30-9:35
Confessions of a Shopaholic (G) No Passes Fri-Wed 1:05-4:05-7:05-10:05 No Passes Thu 4:05-7:05-10:05 Star & Strollers Screening, No Passes Thu 1
Coraline (PG) Fri-Thu 12:40-3:35-6:40-9:30
The Curious Case of Benjamin Button (PG) Fri-Thu 4:15-8
The Day the Earth Stood Still: The IMAX Experience (PG) Fri-Thu 1-4-7
Friday the 13th (18A) No Passes Fri-Thu 12-12:30-2:30-3-5-5:30-7:25-7:55-10-10:30
Gran Torino (14A) Fri-Sat 1:45-4:50-7:50-10:45 Sun 1:45-7:50-10:45 Mon-Thu 1:45-4:50-7:50-10:45
He's Just Not That Into You (PG) Fri-Thu 12:15-3:30-7:10:15
Hotel for Dogs (G) Fri-Thu 1-3:50-6:30
The International (14A) Fri-Thu 12:35-3:45-7:05-10
Metropolitan Opera: Thais Encore (STC) Sat 9
Paul Blart: Mall Cop (PG) Fri-Thu 1:35-4:25-6:55-9:55
The Pink Panther 2 (PG) Fri-Wed 12:05-2:35-5:05-7:35-10:05 Thu 5:05-7:35-10:05 Star & Strollers Screening Thu 1
Push (14A) Fri-Thu 12:45-4-7:30-10:25
The Reader (18A) Fri-Thu 12:35-3:55-7:15-10:40
Revolutionary Road (14A) Fri-Thu 9:15
Slumdog Millionaire (14A) Fri-Thu 12:25-4:10-7:10-10:10
Taken (14A) Fri-Thu 1-4-7:15-10
Underworld: Rise of the Lycans (18A) Fri-Sat 12:20-3:50-7:20-9:45 Sun 12:20-3:50-9:45 Mon-Thu 12:20-3:50-7:20-9:45
The Uninvited (14A) Fri-Thu 12:45
The Who - Live at the Isle of Wight Festival (STC) Wed 7
The Wrestler (14A) Fri-Tue 1:20-4:20-7:45-10:20 Wed 1:20-4:20-10:20 Thu 1:20-4:20-7:45-10:20
WWE: No Way Out 2008 (STC) Sun 5

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

He's Just Not That Into You (PG) Fri 6:30-9 Sat-Sun 1:15-4-6:30-9 Mon-Thu 6:30-9
The Pink Panther 2 (PG) Fri 7-8:45 Sat-Sun 1-3-5-7-8:45 Mon-Thu 7-8:45

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Confessions of a Shopaholic (G) No Passes Fri-Thu 1:05-4:10-7:15-10:20
Coraline 3D (PG) Fri-Thu 12:50-3:40-7:10
Friday the 13th (18A) No Passes Fri-Thu 12:30-2:45-5:15-7:50-10:30
He's Just Not That Into You (PG) Fri-Thu 12:45-3:45-6:55-10:15
The International (14A) Fri-Thu 12:35-3:30-7:15-10:05
My Bloody Valentine 3D (18A) Fri-Thu 9:55
Paul Blart: Mall Cop (PG) Fri-Thu 12:45-3:20-6:45-9:15
Push (14A) Fri-Thu 1:20-4:05-7-9:55
Taken (14A) Fri-Thu 12:55-3:30-7:35-10:15
Underworld: Rise of the Lycans (18A) Fri-Sat 1:05-3:55-7:20-10:10 Sun 1:05-7:20-10:10 Mon-Thu 1:05-3:55-7:20-10:10
The Uninvited (14A) Fri-Sat 12:40-3:15-7:05-9:45 Sun 12:40-3:15-9:45 Mon-Thu 12:40-3:15-7:05-9:45
WWE: No Way Out 2008 (STC) Sun 5

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

Bride Wars (G) Fri 4:35-7:40-9:45 Sat 1:50-4:35-7:40-9:45 Sun 1:50-4:35-7:40 Mon-Thu 4:35-7:40
The Curious Case of Benjamin Button (PG) Fri 4:40-7:50 Sat-Sun 1:30-4:40-7:50 Mon-Thu 4:40-7:50
Gran Torino (14A) Fri 4:45-7:15-9:55 Sat 2:05-4:45-7:15-9:55 Sun 2:05-4:45-7:15 Mon-Thu 4:45-7:15
Hotel for Dogs (G) Fri 4:30-7:10-10 Sat 1:40-4:30-7:10-10 Sun 1:40-4:30-7:10 Mon-Thu 4:30-7:10
Inkheart (PG) Fri 5-7:30 Sat 2:15-5-7:30 Sun 2:15-5 Mon-Thu 5
New in Town (PG) Fri-Sat 10:05 Sun-Thu 7:30
The Pink Panther 2 (PG) Fri 4:55-7:25-10:10 Sat 2-4:55-7:25-10:10 Sun 2-4:55-7:25 Mon-Thu 4:55-7:25
Twilight (PG) Fri 4:50-7:20-9:50 Sat 2:10-4:50-7:20-9:50 Sun 2:10-4:50-7:20 Mon-Thu 4:50-7:20

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

Bride Wars (G) Fri-Thu 4:05-7:25-10:20
Confessions of a Shopaholic (G) No Passes Fri-Tue 12:30-3:30-6:55-9:55 No Passes Wed 3:30-6:55-9:55 No Passes Thu 12:30-3:30-6:55-9:55 No Passes Wed 1
Coraline 3D (PG) Fri-Thu 12:20-3-7:05-10
The Curious Case of Benjamin Button (PG) Fri-Sat 12:10-4:20-8:10 Sun 12:10-9:30 Mon-Thu 12:10-4:20-8:10
Defiance (14A) Fri-Thu 9:05
Friday the 13th (18A) No Passes Fri-Thu 12:15-12:45-2:40-3:10-5-5:30-7:35-8:05-10:05-10:45
Gran Torino (14A) Fri-Thu 1:30-4:30-7:30-10:30
He's Just Not That Into You (PG) Fri-Thu 12:15-3:45-7:10:10
Hotel for Dogs (G) Fri-Thu 12:40-3:35-6:40
The International (14A) Fri-Thu 1:30-4:30-7:30-10:30
Metropolitan Opera: Thais Encore (STC) Sat 9
New in Town (PG) Fri-Thu 1:25
Paul Blart: Mall Cop (PG) Fri-Thu 12:10-2:40-5:10-7:40-10:15
The Pink Panther 2 (PG) Fri-Tue 12:25-2:55-5:15-7:35-10 Wed 3:45-7:35-10 Thu 12:25-2:55-5:15-7:35-10 Star & Strollers Screening Wed 1
Push (14A) Fri-Thu 1:15-4:25-7:25-10:20
The Reader (18A) Fri-Thu 12:35-3:20-6:05-9:20
Revolutionary Road (14A) Fri-Tue 12:55-3:55-6:55-9:50 Wed 12:55-3:55-9:50 Thu 12:55-3:55-6:55-9:50
Slumdog Millionaire (14A) Fri-Thu 1-4-7-9:45
Taken (14A) Fri-Thu 12:20-2:50-5:15-7:50-10:50
Underworld: Rise of the Lycans (18A) Fri-Thu 1:25-3:55-6:45-9:35
The Uninvited (14A) Fri-Thu 1:45-4:45-7:40-10:45
The Who - Live at the Isle of Wight Festival (STC) Wed 7
The Wrestler (14A) Fri-Thu 1:40-4:40-7:45-10:40
WWE: No Way Out 2008 (STC) Sun 5

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

Bedtime Stories (G) Sat-Sun 1:30
The Reader (18A) Fri-Thu 9:05
The Wrestler (14A) Fri-Thu 7

HOLLYWOOD 3 CINEMA
7125-138th Street, Surrey, 604-592-4441

Bedtime Stories (G) Fri 6:45-8:45 Sat-Sun 12-4:45-6:45-8:45 Mon-Thu 6:45-8:45
Bolt (G) Fri-Thu 4:30
The Curious Case of Benjamin Button (PG) Fri-Thu 6:30
Inkheart (PG) Fri 6:45 Sat-Sun 12-2:15-6:45 Mon-Thu 6:45
Madagascar: Escape 2 Africa (G) Sat-Sun 12
The Tale of Despereaux (G) Sat-Sun 2:15
Twilight (PG) Fri-Thu 4:30-8:55
Underworld: Rise of the Lycans (18A) Fri-Thu 9:30
Yes Man (PG) Sat-Sun 2

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Billu Barber (Hindi w/e.s.t.) (STC) Fri-Thu 1:05-4-7:10-10:15
Confessions of a Shopaholic (G) No Passes Fri-Tue 1:45-4:30-7:20-10 No Passes Wed 4:30-7:20-10 No Passes Thu 1:45-4:30-7:20-10 Star & Strollers Screening, No Passes Wed 1
Friday the 13th (18A) No Passes Fri-Thu 1:35-4:40-7:30-10:25
Gran Torino (14A) Fri-Sat 1:15-3:55-6:50-9:30 Sun 1:15-6:50-9:30 Mon-Thu 1:15-6:50
He's Just Not That Into You (PG) Fri-Thu 1-4:05-7:05-10:10
The International (14A) Fri-Tue 1:10-4:10-7-9:50 Wed 4:10-7-9:50 Thu 1:10-4:10-7-9:50 Star & Strollers Screening Wed 1
Paul Blart: Mall Cop (PG) Fri-Tue 1:50-4:45-7:35-9:55 Wed 1:50-4:45-9:55 Thu 1:50-4:45-7:35-9:55
The Pink Panther 2 (PG) Fri-Thu 1:40-4:20-6:45-9:25
Push (14A) Fri-Thu 1:25-4:35-7:40-10:20
Slumdog Millionaire (14A) Fri-Thu 1:20-4:15-7:15-10:05
Taken (14A) Fri-Mon 1:30-3:50-6:55-9:20 Tue 1:30-3:50-10:30 Wed-Thu 1:30-3:50-6:55-9:20
The Uninvited (14A) Fri-Sat 1:55-4:25-7:25-9:40 Sun 1:55-4:25-9:40 Mon-Tue 4:25-9:40 Wed 4:25-9:50 Thu 4:25-9:40
The Who - Live at the Isle of Wight Festival (STC) Wed 7
WWE: No Way Out 2008 (STC) Sun 5

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

Billu Barber (STC) Dolby Stereo Digital, Stadium Seating, Sub-Titled Fri-Thu 1-3:45-6:45-9:50
Confessions of a Shopaholic (G) Dolby Stereo Digital, No Passes, Stadium Seating Fri-Thu 1:20-4:15-7-9:40
Coraline 3D (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:15-4-6:55-9:30
Friday the 13th (18A) Dolby Stereo Digital, No Passes, Stadium Seating Fri-Thu 2-4:45-7:35-10:20
He's Just Not That Into You (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:10-4:10-7:10-10:10
Hotel for Dogs (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:35-4:05-6:40
The International (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:30-4:25-7:15-10:05
Paul Blart: Mall Cop (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:25-3:50-7:25-9:55
The Pink Panther 2 (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Thu 1:40-4:20-7:05-9:35
Push (14A) Dolby Stereo Digital, Stadium Seating Fri-Sat 1:45-4:35-7:20-10:15 Dolby Stereo Digital, Stadium Seating Sun 1:45-10:15 Dolby Stereo Digital, Stadium Seating Mon-Thu 1:45-4:35-7:20-10:15
Slumdog Millionaire (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:05-3:55-6:50-9:45
Taken (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:50-4:40-7:30-10
The Uninvited (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 9:20
WWE: No Way Out 2009 (STC) Dolby Stereo Digital, Digital Presentation, Stadium Seating Sun 5

RIALTO
1732-152nd Street, White Rock, 604-541-9527, criterionttheatres.com

He's Just Not That Into You (PG) Fri 7-9:20 Sat-Sun 2-7-9:20 Mon-Thu 7-9:20
Milk (PG) Fri-Thu 9:30
The Reader (18A) Fri 7:10 Sat-Sun 2:10-7:10 Mon-Thu 7:10

CRITERION 4 WHITE ROCK
2381 King George Highway, 604-531-7456, criterionttheatres.com

Confessions of a Shopaholic (G) Fri 7:20-9:20 Sat-Sun 2:20-7:20-9:20 Mon-Thu 7:20-9:20
Friday the 13th (18A) Fri 7:30-9:30 Sat-Sun 2:30-7:30-9:30 Mon-Thu 7:30-9:30
The Pink Panther 2 (PG) Fri 7:10-9 Sat-Sun 2:10-7:10-9 Mon-Thu 7:10-9
Slumdog Millionaire (14A) Fri 7-9:25 Sat-Sun 2-7-9:25 Mon-Thu 7-9:25

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

Bride Wars (G) Fri-Thu 10:10
Confessions of a Shopaholic (G) No Passes Fri-Sun 12:35-4:15-7:20-10:20 No Passes Mon-Tue 4:15-7:20-10:20 No Passes Wed 7:20-10:20 No Passes Thu 4:15-7:20-10:20 Star & Strollers Screening, No Passes Wed 3
Coraline 3D (PG) Fri-Sun 12:15-4:25-7:20-10:05 Mon-Thu 4:25-7:20-10:05
The Curious Case of Benjamin Button (PG) Fri-Sat 12:45-4:20-8:10 Sun 12:45-8:45 Mon-Thu 4:20-8:10
The Day the Earth Stood Still: The IMAX Experience (PG) Fri-Sun 1-4-8 Mon-Thu 4-8
Defiance (14A) Fri-Thu 10:15
Friday the 13th (18A) No Passes Fri-Sun 12:50-1:50-3:45-4:45-6:55-7:45-9:45-10:30 No Passes Mon-Thu 3:45-4:45-6:55-7:45-9:45-10:30
Gran Torino (14A) Fri-Sun 12:25-3:30-6:50-10 Mon-Tue 3:30-6:50-10 Wed 3:30-10 Thu 3:30-6:50-10
He's Just Not That Into You (PG) Fri-Sun 12:10-3:35-7:10-10 Mon-Thu 3:35-7:10-10
Hotel for Dogs (G) Fri-Sun 12:35-3:50-7:15 Mon-Thu 3:50-7:15
The International (14A) Fri-Sun 12:40-3:30-7:05-10 Mon-Tue 3:30-7:05-10 Wed 7:05-10 Thu 3:30-7:05-10 Star & Strollers Screening Wed 3
Metropolitan Opera: Thais Encore (STC) Sat 9
Paul Blart: Mall Cop (PG) Fri-Sun 12:20-4:05-7:10-9:40 Mon-Thu 4:05-7:10-9:40
The Pink Panther 2 (PG) Fri-Sun 12:05-2:25-4:50-7:15-9:50 Mon-Thu 4:50-7:15-9:50
Push (14A) Fri-Sun 12:30-4:10-7:35-10:25 Mon-Thu 4:10-7:35-10:25
The Reader (18A) Fri-Sun 12-3:40-6:45 Mon-Thu 3:40-6:45
Revolutionary Road (14A) Fri-Sun 1-4:10-7:40-10:30 Mon-Thu 4:10-7:40-10:30
Slumdog Millionaire (14A) Fri-Sun 1-4:30-7:30-10:25 Mon-Thu 4:30-7:30-10:25
Taken (14A) Fri-Sun 12:55-4-7:25-9:55 Mon-Thu 4-7:25-9:55
Underworld: Rise of the Lycans (18A) Fri-Sun 1:20-4:35-7:50-10:20 Mon-Thu 4:35-7:50-10:20
The Uninvited (14A) Fri-Sun 12:40-3:55-7:55 Mon-Thu 3:55-7:55
The Who - Live at the Isle of Wight Festival (STC) Wed 7
The Wrestler (14A) Fri-Thu 9:50
WWE: No Way Out 2008 (STC) Sun 5

The top pop albums, according to Billboard Magazine
1. The Fray, The Fray; **2.** Working On A Dream, Bruce Springsteen; **3.** Feel That Fire, Dierks Bentley; **4.** Fearless, Taylor Swift; **5.** I AM...SASHA FIERCE, Beyoncé. THE ASSOCIATED PRESS

Music

No love for these songs

Celine Dion, Bryan Adams top our list of the absolute worst

BRIAN TOWIE
Metro Canada

There are many who don't feel the love this time of year, who view Valentine's Day — and romance in general — as foolish sentimental rubbish, often concisely framed in bad pop songs.

That said, we've pooled opinions on some of the worst love songs of all time, just in time for the big day. And way to go Cancon — three of them are Canadian.

• **Everything I Do (I Do It For You), Bryan Adams:** With its sauntering tempo and maudlin lyrics, this 1991 song by the Canadian rocker–turned-shutterbug calls up images of adolescent boys and girls standing on opposite sides of the gymnasium, until forced by the teacher to pair up and awkwardly hold each other while waddling in a spacious circle.

• **My Heart Will Go On, Celine Dion:** Pretty much anything done by Quebec's greatest mistake will induce bile faster than ingesting a bowl of week-old poutine, but there's a special place in hell for this one. The histrionic, maple-flavoured sap of Dion's most notorious work will have you rejoicing at Leonardo DiCaprio's death in Titanic. "Jack, I'm flying," Kate Winslet says. Jack, I'm throwing up in my mouth.

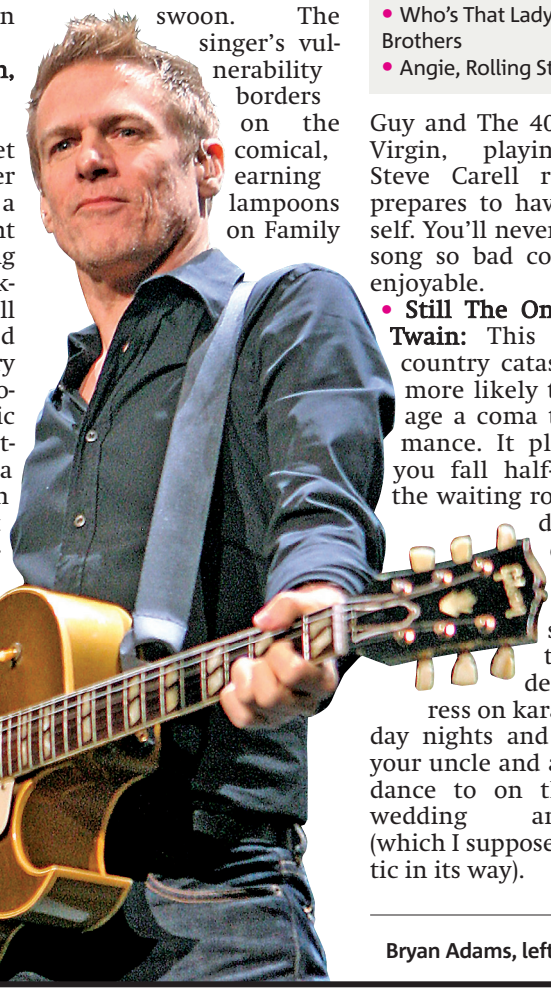
Valentine's**Day**

• **Every Rose Has Its Thorn, Poison:** Just like every hair band has a crap love song. Frontman Bret Michaels wrote this power ballad after an affair with a Los Angeles stripper went bad. Dejected after hearing a man's voice in the background during a phone call to her, Michaels concocted this noxious faux-country tale of woe in a laundromat. Today, his romantic misfires are documented on Rock Of Love, a TV series on which you can at least change the channel.

• **Hello, Lionel Richie:** A romantic R&B classic from multi-platinum album Can't Slow Down, guaranteed to make you giggle more than swoon. The singer's vulnerability borders on the comical, earning lampoons on Family Guy and The 40 Year Old Virgin, playing while Steve Carell reluctantly prepares to have at himself. You'll never believe a song so bad could be so enjoyable.

• **Still The One, Shania Twain:** This Canadian country catastrophe is more likely to encourage a coma than a romance. It plays while you fall half-asleep in the waiting room at the dentist's office, it's the tune that's sung by the tone-deaf waitress on karaoke Tuesday nights and the song your uncle and aunt slow-dance to on their 25th wedding anniversary (which I suppose is romantic in its way).

Celine Dion, right GETTY IMAGES



Bryan Adams, left. GETTYIMAGES

The Good

On the other hand, here are some classic love songs:
- My Girl, The Temptations
- At Last, Etta James
- Who's That Lady, The Isley Brothers
- Angie, Rolling Stones

Metro recommends

• **THE DEREK TRUCKS BAND, ALREADY FREE:** Soulful southern blues-rock filled with stellar slide work and nimble-fingered solos.

• **THE DONEFORS, HOW TO HAVE SEX WITH CANADIANS:** This group meshes Janine Stoll's mesmerizing voice with many musical genres.

• **THE LOST FINGERS, LOST IN THE 80S:** Freshen up Valentine's Day with covers of Tainted Love and other '80s classics from this jazzy Juno-nominated acoustic trio.

METRO NEWS SERVICES

TOP 10 MOBILE DOWNLOADS
1 Poker Face — Lady Gaga
2 Live Your Life — T.I. ft. Rihanna
3 Right Now — Akon
4 Whatever You Like — T.I.
5 I'm So Paid — Akon
6 Let It Rock — Kevin Rudolf
7 Heartless — Kanye West
8 Single Ladies — Beyoncé
9 Love Story — Taylor Swift
10 Sex On Fire — Kings Of Leon
rogers.com/musicstore
ROGERS

Tips for avoiding a mixtape mishap

SoundCheck

Alan Cross
alan@ongoinghistory.com

If your plans this Valentine's Day include creating a mixtape for your beloved, here are some helpful hints that will help you avoid anyone, er, misinterpreting your true intentions.

• **One, U2:** Like U2 themselves, I've been to far too many weddings where this has been the bride and groom's first dance and each time I cringe. First, the song had such a difficult birth that it almost resulted in the breakup of U2. More importantly, is the grudging love/hate nature of the lyrics. The wrong message: We're together, but only because we have to be to survive.

• **With or Without You, U2:** Sure, it sounds all romantic, but again, take a very close listen to the lyrics. The song is written from the perspective of a man who both loves and reviles the object of his affections and is tortured by the contradictions of the relationship. The wrong message: Women — can't live with them, can't live without them.

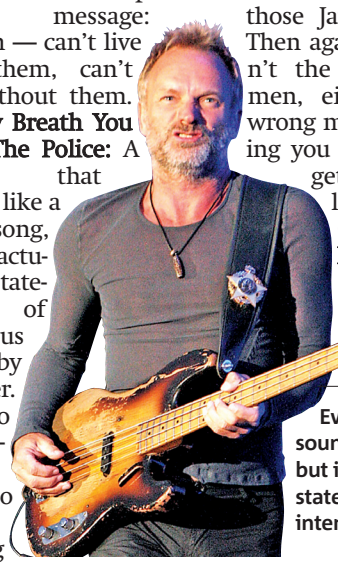
• **Every Breath You Take, The Police:** A track that sounds like a love song, but is actually a statement of malicious intent by a stalker. And do you really want to include a song that Sting was inspired to write after he separated from his first wife? On a happier note, Sting was in Jamaica at the time and wrote the song on the same desk that Ian Flemming used when he wrote all those James Bond novels. Then again, James Bond isn't the most faithful of men, either, is he? The wrong message: I'm watching you — and I'm gonna get you when you least expect it.

Valentine's**Day**

• **Crash into Me, Dave Matthews Band:** Just like Every Breath You Take, the narrator of the song is a stalkerish creep, specifically a peeping tom. And the bit about being "tied up and twisted?" Hmm. The wrong message: I'm a perv.

• **The Best of My Love, The Eagles:** Don Henley's ode to inadequacy. What part of "You got the best of my love/I guess that wasn't enough" is unclear? The wrong message: I did my best to please you, but I guess I'm just an inadequate dork.

• **The One I Love, REM:** Forget the angry minor key for a second, although that doesn't help. Instead, skip to the part where Michael Stipe calls the subject of the song "A simple prop to occupy my time." The wrong message: You're a waste of space and I feel abandoned because of it.



Every Breath You Take sounds like a love song, but is actually a statement of malicious intent by a stalker.

GETTY IMAGES

The Ongoing History of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

alien abductions
conspiracy theories
economic meltdown

George Noory, Coast to Coast AM host

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Coast to Coast AM host, George Noory live at the River Rock, February 28th.
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The Buzz of Vancouver
metro Do it daily.

U2's week long gig on Letterman

Irish supergroup U2 have found what they are looking for to promote their new album in the United States — a five-night gig on the Late Show with David Letterman. For the first week of March, U2 will perform every night on the show. **REUTERS**

Entertainment

SONY MUSIC PHOTO

Australian actress turned singer-songwriter Lenka has been touring the world in support of her self-titled solo debut.

Lenka dishes on Dirt series

BRIAN TOWIE
Metro Canada

There's nothing quite like a pocket rocket to get your attention, just ask Lenka.

Her song Follow was featured on a television episode of Dirt, during a scene in which Courtney Cox pleasures herself with a vibrator.

"That was my first TV pickup," the ex-frontwoman for pop project Decoder Ring laughs. "The whole show I was waiting for it and then it came on and I howled. I never expected that. I thought it was great."

> **"I always had this desire to do singer-songwriter, vocally driven folk music."**
> Lenka, musician

Since then, the Australian actress turned singer-songwriter has been touring the world in support of her self-titled solo debut, from which songs such as The Show, Trouble Is A Friend and Live Like You're Dying make ubiquitous television appearances. Small wonder why. The album's bouncy arrangements of pianos, vibraphones and glockenspiels belie the darker experimental electronic ambience of Decoder Ring — perfect for primetime TV while standing out in its own right.

"It's much more sweet and poppy," says Lenka (born Lenka Kripac in 1978), now based in Los Angeles. "Decoder Ring was never exactly what I wanted to do, they were just sort of a happy accident and I loved doing it when I was with them. But I always had this desire to do singer-songwriter, vocally driven folk music which was very different from them."

Lenka comes by her folky artistic bent honestly. Mom and Dad were hippies, and Lenka spent the first few years of her life in the Australian outback. At seven, the family moved to Sydney (She admits to bouts of claustrophobia due to city life), where she studied at the Australian Theatre for Young People under Cate Blanchett.

Lenka says the two haven't kept in touch, though Blanchett was disappointed to hear she was turning to music full-time.

"She was amazing. We all loved her. She definitely passed onto us a love of the craft," she said of the actress. "I'm not surprised that she's done as well as she has."

Lenka's currently hashing out plans for a second album. The tone will be darker, she speculates, as she may use tracks she judged too grim for the initial release.

In the meantime you can get your Lenka fix from Grey's Anatomy, Ugly Betty and 90210, one of her personal favourites as a '90s kid (the first series, she specifies.)

"The new one's just trying too hard to be sexy," she laughs. "The old one had moral lessons like an after-school special. It was like Degrassi, which has a huge cult following in Australia. They're so bad that they're good."

FRIDAY

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	Marketplace	CBC News: the fifth estate (N)		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E News	The Insider	Fashion Police-Grammy		Friday Night Lights (N) (CC)		20/20 (N) (CC)		News (N)
	250	321	9	CTV	etalk (CC)	Hollywood	Ghost Whisperer (N) (CC)		Flashpoint (N) (CC)		Raising the Bar "Hang Time"		News (N)
	252	336	11	GTV	Entertainment	ET Canada	Howie Do It	Howie Do It	(:01) Dollhouse "Ghost" (CC)		NUMB3RS "Guilt Trip" (N)		News (N)
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Sarah Connor Chronicles		Supernanny "Davis Family"		Stargate SG-1 "Unending"		News (CC)
	253	359	13	CITY	Law & Order: SVU		Mantracker "Chris and Brock"		Survivorman (CC)		Crusoe (CC)		EP Daily
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Hates Chris	The Game	13: Fear Is Real "Alone" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	Ghost Whisperer (N) (CC)		Flashpoint (N) (CC)		NUMB3RS "Guilt Trip" (N)		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Howie Do It	Howie Do It	Friday Night Lights (N) (CC)		Dateline NBC (CC)		News (N)
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Wife Swap "Bonnett/Linkins"		Supernanny "Davis Family"		20/20 (N) (CC)		KOMO 4 News
	290	382	23	FOX	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		(:01) Dollhouse "Ghost" (CC)		News (N)	Most Wanted	Family Guy
news	502	390	26	NW	Doc Zone "Love Interrupted"		CBC News: The National (N)		CBC News: The National		Doc Zone "Love Interrupted"		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	NHL Hockey		Sportsnet	World Sport	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	NHL Hockey: Canadiens at Avalanche			SportsCentre (Live) (CC)		Score Golf	Winter X Games (CC)		SportsCentre
family	552	543	25	YTV	Just My Luck ★ (2006, Romance-Comedy) Lindsay Lohan, Chris Pine. (CC)					Falcon Beach (CC)		Mystery Hnt.	Mystery Hnt.
	555	545	50	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama		Sky Captain and the World of Tomorrow ★★★ (2004) (CC)		
variety	268	354	5	KNO	Arctic Mission: Lords		Poirot "Problem at Sea" (N)		Dalziel and Pascoe (N) (CC)		Sherman's March Civil War Gen. Sherman. (N)		
	575	583	20	CMT	Dare to Love (1995, Drama) Josie Bissett, Jill Eikenberry, Chad Lowe.					Candid C.	Dare to Love (1995, Drama) Josie Bissett.		
	615	520	31	A&E	CSI: Miami "Bloodline" (CC)		Criminal Minds (CC)		CSI: Miami "A Grizzly Murder"		CSI: Miami "Triple Threat"		CSI: Miami
	521	560	34	TLC	Little People: Just Married		What Not to Wear (CC)		Little People: Just Married		What Not to Wear "Lesle H."		Weddings
	616	522	39	SHO	The Outer Limits "The Grid"		Da Vinci's Inquest (CC)		Testees (CC)	Kenny-Spenny	Webdreams	Sin Cities	Wife Swap
	294	650	47	TBS	(6:00) Monster-in-Law ★★		Sex and-City	Sex and-City	(:10) The Haunting ★ (1999, Horror) (PA) Liam Neeson. (CC)				(:10) Gothika
	603	561	52	FN	Diner, Drive-In	Diner, Drive-In	Ramsay's Kitchen Nightmares		Challenge Fruit sculptures.		Kylie Kwong	Gourmets	Diner, Drive-In
	320	621	60	CEN	(6:30) Friends With Money		Doomsday ★★ (2008, Action) Rhona Mitra. Premiere. (CC)				The Brave One ★★ (2007) Jodie Foster. (CC)		
	581	566	101	MTV	Play'd (N)	The City	City Live After	Play'd (CC)	From G's to Gents Sixteen G's arrive. (CC)			The City	Made (CC)

2/13/09

SATURDAY

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	NHL Hockey Calgary Flames at Phoenix Coyotes. (Live) (CC)					HNIC -- After Hours		News (N)	HNIC Replay
	255	358	6	JOY	Chef School	E News	A Valentine Carol (2007, Romance) Emma Caulfield. (CC)				Show Yours	G-Spot (CC)	News (CC)
	250	321	9	CTV	W-FIVE (CC)		Law & Order: Criminal Intent		Law & Order: SVU		Law & Order "Knock Off"		News (N)
	252	336	11	GTV	Variety Show of Hearts (CC)								
	256	389	12	VI	New Canoe	Island Week	The Road to Avonlea		Kool Countdown (CC)		Comedy Now	Comedy Now	Bravo! Fact
	253	359	13	CITY	Without a Trace (CC)		Less-Kind	Kaya (CC)	Killer Bash (2005, Horror) Raquel Riskin, Cory Monteith. (CC)				Role
	-	-	14	CW	CSI: NY "Stealing Home"		Boston Legal (CC)		Boston Legal (CC)		CSI: NY "Heroes" (CC)		CSI: Miami
	289	381	15	CBS	Entertainment Tonight (N)		NUMB3RS "In Security" (CC)		NCIS "Last Man Standing"		48 Hours Mystery (N) (CC)		News (N)
	287	379	16	NBC	Backroads	Inside Edition	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order "Knock Off"		News (N)
	288	380	21	ABC	Wheel-Fortune	Jeopardy!	Be My Valentine		Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
	290	382	23	FOX	Two/Half Men	Two/Half Men	Cops (N) (PA)	Cops (CC)	America's Most Wanted		News (N)	Most Wanted	Talkshow
news	502	390	26	NW	CBC News: the fifth estate (N)		Sat. Report	Fortune	Sat. Report	Mansbridge	CBC News: the fifth estate (N)		Sat. Report
	500	500	33	CNN	D.L. Hughley-News		Newsroom		Larry King Live		D.L. Hughley-News		Newsroom
sports	407	419	22	RSP	Snowboarding	World Sport	World Combat League (CC)		The Ultimate Fighter		Sportsnet Connected (Live)		PartyPoker.net
	400	400	30	TSN	NBA Basketball: All-Star Skills		SportsCentre (Live) (CC)		Boxing Ruslan Chagaev vs. Carl Davis Drumond.				SportsCentre
family	552	543	25	YTV	Team Galaxy	Team Galaxy	Zixx Level	Storm Hawks	Naruto (CC)	Bleach (CC)	Ghost	Ghost	Mystery Hnt.
	555	545	50	TEL	Tom and Jerry: Fast and Furry (CC)			Planet Sketch	Futurama	Chicken	Clone High	Gay Couple	Moral Orel
variety	268	354	5	KNO	Raptor Force (CC)		Heartbeat "Taking Stock"		Midsomer Murders A glassware factory faces hardship. (N)				Montreal Jazz
	575	583	20	CMT	Our Song (N)	Our Song (N)	The Bodyguard ★★ (1992, Drama) Kevin Costner, Whitney Houston, Gary Kemp.						Bodyguard
	615	520	31	A&E	CSI: Miami "Sunblock" (CC)		CSI: Miami "Chain Reaction"		CSI: Miami (CC)		CSI: Miami "Deep Freeze"		CSI: Miami
	521	560	34	TLC	Deals on Bus	Real Estate	Jon & Kate	Jon & Kate	My First Home	My First Home	Deals on Bus	Real Estate	Duggar Wed
	616	522	39	SHO	Mutant X "Kilohertz" (CC)		Secret Lives (2005) Daphne Zuniga, Duncan Regehr. (CC)				Talladega Nights: The Ballad of Ricky Bobby		
	294	650	47	TBS	(6:30) Must Love Dogs ★★		(:15) The Perfect Man ★★ (2005) Hilary Duff. (CC)				(:15) Bridget Jones: The Edge of Reason (CC)		
	603	561	52	FN	Hell's Kitchen (CC)		The F Word		Challenge Awards cake.		Top Chef "The Last Supper"		Hell's Kitchen
	320	621	60	CEN	U.S. of Tara	Secret Diary	Fool's Gold ★ (2008) Matthew McConaughey. Premiere. (CC)				No Reservations ★★ (2007, Drama) (CC)		
	581	566	101	MTV	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	Play'd (CC)	MTV News	After

2/14/09

SUNDAY

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Heartland "Do or Die" (N)		Booky's Crush (2009, Drama) Megan Follows. Premiere. (CC)				CBC News: Sunday Night (N)		News (N)
	255	358	6	JOY	The Best Years (CC)		Extreme Makeover: Home		XIII (2009) (Part 2 of 2) Val Kilmer, Stephen Dorff. (CC)				News (CC)
	250	321	9	CTV	Star Wars Clo.	Degrassi: TNG	The Amazing Race 14 (CC)		Desperate Housewives (N)		(:01) The Mentalist (N) (CC)		News (N)
	252	336	11	GTV	16:9 Picture	American Dad	The Simpsons	King of Hill	Family Guy	American Dad	Brothers & Sisters (N) (CC)		News (N)
	256	389	12	VI	Funniest Home Videos		The Rankin Family Reunion		Cold Case (N) (CC)		Medium "Head Games" (CC)		New Canoe
	253	359	13	CITY	Two/Half Men	Two/Half Men	Friends (CC)	Friends (CC)	Rock of Love Bus With Bret Michaels (CC)		Seinfeld	Most Amazing	Role
	-	-	14	CW	(6:30) Jericho		GoldenEye ★★★ (1995, Action) Pierce Brosnan, Sean Bean. (CC)					Seinfeld	Cold Case
	289	381	15	CBS	60 Minutes (CC)		The Amazing Race 14 (CC)		Cold Case (N) (CC)		The Unit "The Last Nazi"		News (N)
	287	379	16	NBC	Dateline NBC (CC)				XIII (2009) (Part 2 of 2) Val Kilmer, Stephen Dorff. (CC)				News (N)
	288	380	21	ABC	Funniest Home Videos		Extreme Makeover: Home		Desperate Housewives (N)		(:01) Brothers & Sisters (N)		KOMO 4 News
	290	382	23	FOX	King of Hill	American Dad	The Simpsons	King of Hill	Family Guy	American Dad	News (N)	Q It Up Sports	House (CC)
news	502	390	26	NW	Marilyn's Last Sessions The Hollywood sex goddess. (N)				CBC News: Sunday Night		Marilyn's Last Sessions (CC)		
	500	500	33	CNN	Newsroom		D.L. Hughley-News		Larry King Live		Newsroom		D.L. Hughley
sports	407	419	22	RSP	College Basketball USC at Arizona State. (Live)				The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	NBA Basketball		SportsCentre (Live) (CC)		PGA Tour Golf: Pebble Beach National Pro-Am				SportsCentre
family	552	543	25	YTV	(6:00) Over the Hedge ★★★		SpongeBob	Prank Patrol	The Next Star (CC)		Adrenaline	Zixx Level	Mystery Hnt.
	555	545	50	TEL	Totally Spies	Totally Spies	6TEEN	6TEEN (CC)	Futurama	Punch (CC)	Life's a Zoo	Life's a Zoo	Gay Couple
variety	268	354	5	KNO	National Geographic Specials		Doc Martin (CC)		Rebus "Strip Jack" (N) (CC)		Dalziel and Pascoe		Montreal Jazz
	575	583	20	CMT	Three Chords	Three Chords	Cheerleader Nation		Dallas Cheerleaders		Three Chords	Three Chords	Cheerleader
	615	520	31	A&E	The Sopranos "Stage 5"		The Sopranos "Stage 5"		CSI: Miami "Speed Kills"		CSI: Miami "Tunnel Vision"		The Sopranos
	521	560	34	TLC	Incredible Weddings (N)		Heaviest Man Gets Married		Amazing Love Stories (CC)		Incredible Weddings (CC)		Heaviest Man
	616	522	39	SHO	The Guard (CC)		To Be Fat Like Me (2007) Kaley Cuoco, Caroline Rhea. (CC)				Damages (N) (CC)		The Guard
	294	650	47	TBS	Failure to Launch ★★ (2006) Matthew McConaughey. (CC)				Forces of Nature ★★ (1999) Sandra Bullock. (CC)				Take the Lead
	603	561	52	FN	The Next Food Network Star		The Heat	The Heat	Challenge (CC)		Iron Chef America (CC)		Next Star
	320	621	60	CEN	(6:00) The Golden Compass		The Stone Angel ★★ (2007) Ellen Burstyn. Premiere. (CC)				The Invasion ★★ (2007) Nicole Kidman. (CC)		
	581	566	101	MTV	Cribs (CC)	Cribs (CC)	Play'd (CC)	Girls-Latitude	Made "Hockey Player" (CC)		Cribs (CC)	Play'd (CC)	City Live After

2/15/09

Seagal wants to help Costa Rica

FILM Action movie star Steven Seagal told Costa Rican President Oscar Arias Wednesday he wants to help the Central American country build a filmmaking industry to put its dramatic landscapes to use.

Seagal, known for his martial arts roles of the 1980s and '90s, met Arias in San Jose and offered to use his Hollywood connections to help Costa Rica get started in movie-making.

"Costa Rica has everything — both rain forest and dry climate. What it lacks is an infrastructure to make movies," Seagal said. **REUTERS**

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Wal-Mart has high hopes for Twilight
Wal-Mart Stores Inc. is hoping that the vampire romance movie Twilight will mean runaway success at its cash registers. The Twilight movie DVD is slated for release on March 21. METRO NEWS SERVICES

Going Out

Metro's 7th Heaven: Metro taps what's hot right now

1 Lily Allen

MUSIC Lily Allen may have a potty mouth at times, but the singer sounds positively perfect on her new CD, It's Not Me, It's You. Allen's second album is getting great reviews — and the songstress will be featured on a half-hour CTV ETalk special on Saturday.

2 Mamma M.I.A.

PERFORMANCE The very pregnant M.I.A. not only showed up at last Sunday's Grammy Awards — the singer did so on her due date. Nominated for record of the year, M.I.A. also performed at the show. Word is her fiancé took a stopwatch to the show, just in case he needed to time her contractions. No word on whether the baby has been born yet.

3 Rihanna and Chris

GOSSIP It seems everyone is waiting for more details about what exactly happened between Chris Brown and Rihanna. The couple was a no-show at the Grammys; Rihanna cancelled some concerts this week; and Wrigley's suspended an ad campaign featuring Brown, who is out on $50,000 US bail.

4 Koala love

POP-CULTURE It seems the public is re-discovering the koala. Sam, the most famous furry survivor of Australia's worst-ever wild fires, has captured hearts around the world, reports indicate. The female marsupial was scorched in the blaze, but got some TLC from a handsome firefighter — what more could you ask for? To see the video visit metronews.ca/metrotube.

5 Bookworms

GADGET Amazon.com is set to release a new version of its electronic reading device, Kindle — but it will only be available in the U.S. The new Kindle will hold up to 1,500 books and will have the exclusive release of a new Stephen King novella.

6 Recession protection

RECESSION In time for Valentine's Day, USA Today has reported that at least one industry is recession-proof. "With a crippled economy forcing millions of cash-strapped Americans to entertain themselves at home, it's not surprising that one particular product is seeing a sales increase — condoms," writes the paper. Sales of condoms apparently rose six per cent in January, the paper adds.

7 Clever, clever

GAMES Is KenKen the next sudoku? The new game — its name means loosely "cleverness squared" in Japanese — began appearing in the The New York Times this week. While the logic puzzle is similar to sudoku, KenKen requires some other skills as well.

The ones that Oscar missed

STEVE GOW
for Metro Canada

The 81st Annual Academy Awards

Although there may not have been an earth-shattering dark horse, there was one notable surprise unwrapped during the unveiling of the Academy Award nominees and it came via The Reader.

With five nods (including best actress for star Kate Winslet), The Reader wasn't so much a bombshell for wrangling nominations as much as it was for being deemed the film that knocked blockbuster The Dark Knight out of contention for best picture.

But while the focus has been primarily on The Dark Knight's stunning absence in that category, there have been several other overlooked films in the race for an Oscar this year. While the Academy may ignore their significance, they are worth noting here:

THE WRESTLER

Bruce Springsteen has been getting most of the attention ever since his musical contribution to The Wrestler was snubbed by the Academy, but many fans have also been abuzz on the Internet arguing the film itself was deserving of best picture.

WALL-E

The first-ever animated movie to win top spot from the L.A. Film Critics Association, many thought it could do the same at this year's Oscars. There's little doubt it will take Best Animated Picture, but where is Andrew Stanton's nomination for best director?

HAPPY GO LUCKY

Sally Hawkins may have shocked many by taking home the Golden Globe for best actress earlier this year, but she's surprised even more by not even receiving an Oscar nomination for her fantastic role in Happy Go Lucky.

WENDY AND LUCY

This intimate drama about a girl who loses her beloved pooch on a cross-country road trip took top honours from the Toronto Film Critics' Association and was named one of the best movies of the year by the American Film Institute. Film critic A.O. Scott even wrote that "it does not contain a superfluous word or shot." Unfortunately for writer/director Kelly Reichardt, that collective acclaim will be all for naught at this year's Oscars.

GRAN TORINO

At 78-years-old, Torino may be Clint Eastwood's final acting performance. As such, people are fuming that he didn't even receive a nomination for his powerful portrayal of a bigoted war veteran. Still, the best actor category is one of the toughest races — who would you replace?

Mix of Six

St. Valentine's Day Massacre

When: Saturday and Sunday
Where: New Revue Stage on Granville Island

No Hearts. No Flowers. No Mercy! A ruthless improvisational TheatreSports Tournament featuring teams from Vancouver, Winnipeg, Bellingham, Edmonton, Seattle & Winnipeg. Tix: $12-$18.

Love At Midnight Valentines Eve Gala

When: Friday, 7 p.m.-1 a.m.
Where: Italian Cultural Centre, Vancouver

Come to a place with good food, good friends and great music. It's an opportunity for couples to reignite the spark and to have a great time. Enjoy music from all eras and a live jazz band. Tix: $55.

Love You to Death

When: Friday, 6 p.m.
Where: Four Seasons Hotel

Enjoy an evening of fine dining and murder. Tix: $95 — includes a three-course meal. More info: call 604-980-1205 or visit northstarmontessori.ca

LG Mountain Festival

When: All weekend, 12-9 p.m.
Where: Park Royal Shopping Centre, West Vancouver

Canada's pro snowboarders will celebrate the LG Snowboard FIS World Cup in style. Featuring live music and fashion shows as well.

Valentines Day with Rosario

When: Saturday, Early seating at 5 p.m., dinner and dancing from 8:30 p.m.-12 a.m.
Where: Howie's Bistro and Bar, Vancouver

Enjoy a three-course meal and dancing afterwards on this heartfelt day. Tix: $30/$35/$40. Reservations: 604-425-0006.

ReACT

When: Sunday, 7:30 p.m.

Arts Club Theatre Company presents the 10th annual public reading series ReACT: New Plays in Progress, at the Granville Island Stage.

Moore engaged to be married

Mandy Moore will tie the knot with her musician beau Ryan Adams, her publicist confirmed to People magazine. Details weren't immediately available. Moore, 24, and Adams, 34, had dated off-and-on since March 2008. METRO NEWS SERVICES

Celebrity Buzz

Lesson in manners set for Prince Harry

PEOPLE Prince Harry has been ordered by his army bosses to enrol in equality and diversity lessons, people.com reports.

The sessions are the disciplinary actions assigned after the third in line to the crown was caught on video referring to a fellow soldier as a "Paki," People magazine has confirmed.

The news also comes a day after it was reported that Harry, 24, told a comedian, "You don't sound like a black chap."

Comic Stephen K. Amos, the target of Harry's "black chap" remark at Prince Charles' 60th birthday party in November, said there were no hard feelings towards Harry and he (Amos) had not taken offence.

GETTY IMAGES PHOTOS

"As a comedian it is my job to find the funny. I was honoured to be asked to perform at the 60th birthday comedy event for Prince Charles," said Amos. "I do not believe Prince Harry was racist to me."

The army course in diversity will take place soon, royal insiders tell People. Harry is expected to attend the lessons over a period of days.

Thursday, Harry's office at St. James's Palace told People, "Prince Harry has said he is sorry for his remarks. He has been subjected to the normal army disciplinary procedures."

METRO NEWS SERVICES

Britney a desperate housewife in video?

VIDEO Britney Spears is a mega pop star, a mom of two — and now a happy homemaker in her new video, people.com is reporting

The singer, who plans to hit the road for her Circus tour next month, spent Tuesday filming the video for her upcoming single If U Seek Amy, in which she plays a sexy housewife dressed in blonde '50s style wig, fitted pink top and white skirt. "The video begins with Britney coming outside her house to hand the paparazzi an apple pie that she baked," says a source. "She acts like she wants to hook up. The video is very provocative."

METRO NEWS SERVICES

Fan support swells online for Rihanna

INCIDENT Days after Rihanna was allegedly beaten by her boyfriend, Chris Brown, fans are filling her MySpage page with words of encouragement, people.com reports.

"YOU deserve BETTER," writes Jessica.

"I just want to say that I really hope you get better soon," says Morgan. "You are such a great and strong woman … Turn your hurt into a song that can inspire everyone to be strong and it will get you through whatever life throws at you."

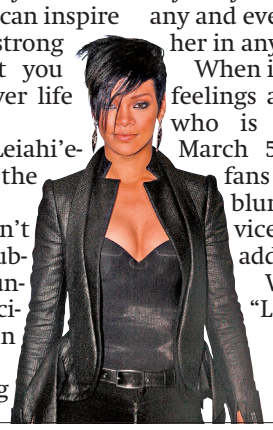
A fan named Leiahi'ena even offered the Barbados-bred singer (who hasn't been seen in public since the Sunday morning incident) refuge in Hawaii.

"Keep shining that smile of yours!" says Leiahi'ena. "Need to get away for a while hit me back, my family owns some private beaches if you wanna wine (sic) down and relax with some of your family or friends."

Even celebrity pal Kanye West has spoken about the incident, telling Ryan Seacrest on his Tuesday radio show, "I feel like that's my baby sis and I would do any and everything to help her in any situation."

When it comes to their feelings about Brown — who is due in court March 5 — Rihanna's fans offer mostly blunt words of advice, people.com adds.

Writes Grantos: "Leave His A—."



METRO NEWS SERVICES

Tara says she was sad

PEOPLE Tara Reid checked into rehab because she was "sad and conflicted," femalefirst.co.uk reports.

The 33-year-old actress recently completed a 60-day stay at Malibu's Promises rehab centre — where Lindsay Lohan and Britney Spears have previously been treated — for substance abuse, and insists the move was the "greatest decision" she has ever made.

She said: "I didn't like the person I was. I was sad and conflicted.

"Some people get forced to be in rehab. I went there by myself. I put myself there. It was the greatest decision I ever made."

Tara insists checking into the facility was one of the toughest times she has ever been through, but is delighted with the effect the treatment had on her.

She added to In Touch Weekly magazine: "Rehab saved my life. Before I used to think about tomorrow and I hated it. Now I can't wait because I am clean and sober and I am excited."

METRO NEWS SERVICES

No diet, no gyms: Scarlett

PEOPLE Scarlett Johansson has come out firmly against dieting and gyms. The voluptuous young star even claims she's never been to a gym. "I have never been on a diet in my whole life," she says, according to Sky Showbiz. "I've seen gyms only from the outside. I feel very comfortable with my body."

And as for stick-thin celebrities, Johansson says she doesn't get it. "Count me out. I don't understand what's supposed to be sexy there. And besides, I like to eat too much."

METRO NEWS SERVICES

Jackson suffers complications

HEALTH Looks like Michael Jackson's latest round of plastic surgery may have caused some unplanned health problems.

According to the Sun, the former King of Pop is receiving IV antibiotics for a severe staph infection he contracted during work to reconstruct his nose.

"The disease is an MRSA-style infection because it is resistant to conventional antibiotics," a source tells the newspaper. "There's a chance it could turn into a flesh-eating disorder where it begins to kill off his skin, so he's being very carefully monitored."

METRO NEWS SERVICES

Owen indifferent about his looks

IMAGE Clive Owen doesn't care about his looks, femalefirst.co.uk reports.

The Children of Men actor doesn't make any effort with his appearance in his "normal life," despite being regarded as a Hollywood heartthrob.

He said: "Any actor who starts taking the tag 'sex symbol' seriously or thinks of themselves as a sex symbol has got some serious problems. When I'm in my normal life I care very little about how I look. Sometimes I have to dress up when I'm making movies, but that's not me when I'm just hanging around."

METRO NEWS SERVICES

Rourke falling for Courtney Love?

ROMANCE Looks like Mickey Rourke and Courtney Love's longtime friendship has jumped to the next level.

The two stars have been dating secretly for about a month, according to the Daily Mirror. "Mickey texted Courtney totally out of the blue, around the time of the Golden Globes, asking to take her out for the night," a source tells the newspaper. And while she didn't end up as his date for the awards show, they allegedly still found time for each other.

METRO NEWS SERVICES

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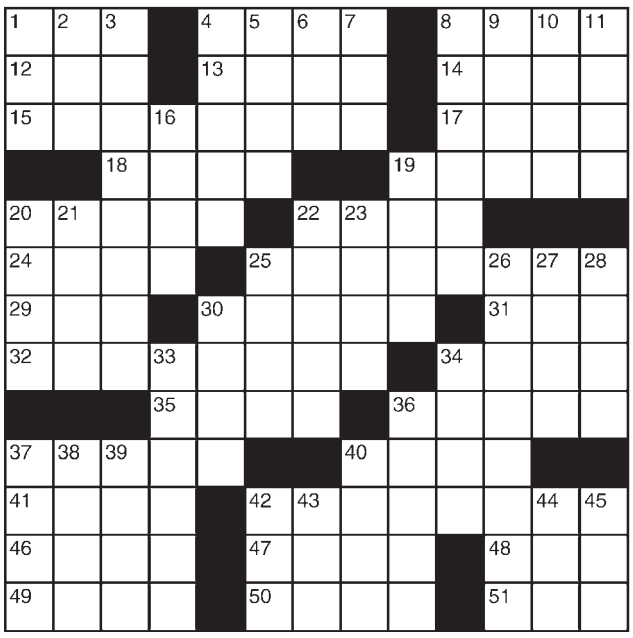


Crossword across

1 Muppet master Henson
4 Look-alike
8 Low range
12 Literary collection
13 Head light?
14 Easter flower
15 Redo
17 In due time
18 Uncomplicated
19 Mexican's ancestor, maybe
20 Squander
22 Exposed
24 Grounded flock
25 Luthor's enemy
29 Standard
30 Ancient Dead Sea region
31 Carte lead-in
32 Hitchcock classic
34 Vail gear
35 Roddick of tennis
36 Performs, biblically
37 Home of America's largest urban zoo
40 Drink
41 Trickster god
42 Get amorous
46 Ostentation
47 Garfield's pal
48 Lubricant
49 Mediocre
50 Poetic foot
51 Today's "groovy"

Crossword down

1 Predicament
2 — fix
3 Guaran-tee
4 More than just that?
5 Undulating
6 — -de-France
7 Clause connector
8 Sports jacket
9 "— She Sweet?"
10 Plum-like fruit
11 Harmonization
16 Chow
19 Vicinity
20 Cried
21 Asian servant
22 Crony
23 Tarzan's clique
25 Irrational number
26 Indemnify
27 Settled down
28 One of CSN&Y
30 Hoodoo
33 Exile
34 Ground
36 Uncool sort
37 Let the cat out of the bag
38 Irritate
39 Gumbo need
40 Read cursorily
42 Miss Piggy's pronoun
43 Oklahoma city
44 Compete
45 Will Ferrell movie

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6								8
	4	9		7		6	1	
8		5				7		9
		3	9		6	4		
		2	8		4	1		
9		4				5		2
	6	1		5		3	8	
7								1

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

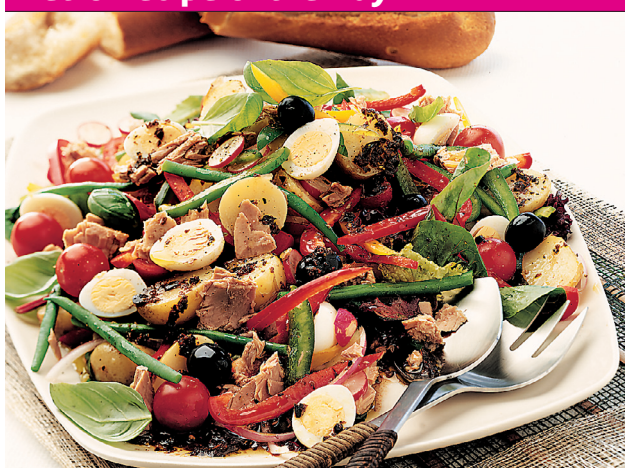
A	R	I	L		Y	A	P		A	V	E	R		
F	I	R	E		E	V	E		B	E	T	A		
A	M	A	H		M	A	R		A	R	C	H		
R	E	N	A	M	E		C	O	S	T				
			V	A	N	N	A	W	H	I	T	E		
S	N	O	R	T		A	L	L		C	O	G		
P	O	P	E		A	C	E		G	A	G	A		
E	A	T		H	U	H		S	O	L	O	N		
W	H	I	T	E	B	O	A	R	D					
			M	E	N	U		D	I	S	A	R	M	
C	H	I	N		R	H	O		E	L	S	E		
B	O	Z	O		N	I	P		N	O	V	A		
S	E	E	R		S	E	T		D	E	P	T		

5	9	2	4	1	3	6	7	8
7	1	4	6	8	9	3	5	2
3	6	8	2	7	5	4	9	1
6	3	9	8	2	4	5	1	7
1	8	5	7	9	6	2	3	4
2	4	7	5	3	1	8	6	9
4	5	1	9	6	8	7	2	3
8	2	3	1	5	7	9	4	6
9	7	6	3	4	2	1	8	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



French Tuna and Bell Pepper Salad

INGREDIENTS:
14 oz (400 g) new potatoes
1 3/4 oz (50 g) green beans
7 1/2 oz (220 g) mixed salad greens
1 tbsp (15 ml) chopped parsley
1 tbsp (15 ml) snipped fresh chives
1 small red onion, thinly sliced
1 tbsp (15 ml) black olive tapenade
2 garlic cloves, chopped
2 tbsp (25 ml) extra virgin olive oil
1 tbsp (15 ml) red wine vinegar
1 tsp (5 ml) balsamic vinegar
Pepper to taste
10–15 radishes, thinly sliced
1 can (6 oz/170 g) tuna in water, drained
3 1/2 oz (100 g) cherry tomatoes
1 each of red, yellow and green pepper, seeded and thinly sliced
8 black olives

METHOD:
1. Place potatoes in a pot and cover with boiling water. Cook over medium heat 10 minutes. Add green beans and cook 5 minutes or until potatoes are tender and beans are just cooked. Drain well and set aside to cool.
2. Toss the salad greens with the parsley, chives and red onion in a large shallow bowl.
3. For dressing, mix tapenade with garlic, olive oil, red wine vinegar and balsamic vinegar, and season with pepper. Pour two-thirds dressing over salad greens and toss well to mix.
4. Halve potatoes and arrange on top of salad greens with green beans, radishes, tuna, tomatoes, peppers and olives. Pour over remaining dressing, garnish with basil leaves and serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A guy's inconsistency expresses his inner turmoil. A man with a plan makes a profound speech. Someone's false move weakens your desire.

TAURUS
APRIL 21-MAY 21
Contact your most important admirer for help. The bearer of good news will get a free dinner. A demented associate will make you laugh.

GEMINI
MAY 22-JUNE 21
Foolish expectations go up in flames. Don't take it personally when anyone is disappointed. A commonplace approach to problems isn't effective.

CANCER
JUNE 22-JULY 22
Your social life gets busy and friendships will grow. Camaraderie develops with a kind woman. Your anxiety will be relieved by good news.

LEO
JULY 23-AUG 23
Something pleasant happens to you in public. Certain tasks will have to be faced immediately. You'll think about the kindness of a stranger.

VIRGO
AUG 24-SEPT 22
Your personal charm and charisma are at an all-time high. Prepare yourself to have an intense chat. A lonely person will return home.

LIBRA
SEPT 23-OCT 23
A trusted person returns and cheers you. A predicament is caused by a desperado who takes control. A woman's dream resolves a dilemma.

SCORPIO
OCT 24-NOV 22
A voice from the past makes you nostalgic. Someone's self-involvement puts your teeth on edge. A power play leads to bonding with others.

SAGITTARIUS
NOV 23-DEC 21
A chatty associate will insist that a conflict be settled. Be cautious and stay on top of breaking news. Stoke up a friend's damaged self-esteem.

CAPRICORN
DEC 22-JAN 20
A sincere lover passes a test. Finding new helpers is easier than you expected. Somebody's pleasure-seeking will stick in your mind.

AQUARIUS
JAN 21-FEB 18
Other people look to you for leadership. A friendship may be damaged by having a sense of duty. Self-medicating will have a puzzling effect.

PISCES
FEB 19-MARCH 20
Release your unhappiness and move on. Make sure that all loose ends are tied up. Use your compassion to forestall a serious confrontation.

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GM Canada

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Malibu LTZ shown.

2009 MALIBU

Also available as Canada's most affordable midsize hybrid.▼

OR CASH PURCHASE PRICE
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WITH DEALER CASH ALTERNATIVE TO CHEVROLET TOTAL PACKAGE
INCLUDES FREIGHT AND PDI

OR

PURCHASE FINANCING
0%‡
FOR 36 MONTHS
EFFECTIVE RATE IS 3.9%

"Highest Ranked Midsize Car in Initial Quality in the U.S."÷ - J.D. Power and Associates.

30/43 mpg • 9.5/6.5 L/100 km (City/Hwy)▲

Traverse LTZ shown.

2009 TRAVERSE

Best fuel efficiency of any eight-passenger Crossover.►

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WITH DEALER CASH ALTERNATIVE TO CHEVROLET TOTAL PACKAGE
INCLUDES FREIGHT AND PDI

OR

PURCHASE FINANCING
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FOR 36 MONTHS
EFFECTIVE RATE IS 5.3%

22/34 mpg • 12.7/8.4 L/100 km (City/Hwy)▲

Silverado LT Extended Cab shown with available equipment.

2009 SILVERADO LS EXTENDED

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INCLUDES FREIGHT AND PDI

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CHEVROLET

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